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## Applied Health Fitness Psychology

By Mark Anshel

Human Kinetics. Hardcover. Book Condition: New. Hardcover. 296 pages. Applied Health Fitness Psychology considers behavioral issues regarding exercise and nutrition using a research-to-practice approach. This comprehensive text explains how health fitness psychology has emerged from other parent disciplines to become a wide-ranging discipline that can be addressed in various exercise, fitness, and health settings, allowing both current and future professionals to assist their patients or clients in adopting healthier lifestyles. Applied Health Fitness Psychology uses contributions from sport and exercise psychology, counseling and clinical psychology, exercise science, sports medicine, and behavioral medicine to provide a scientific basis for presenting strategies for behavior change. Unique to this text is a critical consideration of cultural, spiritual, and religious components as a factor in initiating and maintaining exercise behavior. The evidence-based approach will help readers use techniques and interventions that promote positive changes among various populations. Students will grasp the scope of this emerging field by studying the following topics: The theoretical foundation of health behavior change and motivational theories Physical, cognitive, and motivational obstacles to adopting a healthy lifestyle Use of cognitive and behavioral strategies and interventions to promote exercise adherence, set goals, and improve fitness and exercise performance Steps that will...



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