



Physical Activity and Public Health Practice

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Physical activity remains a critical area of research as we consider cost-effective measures for lowering the chronic disease epidemic worldwide. In our increasingly automated society, many adults and children are not active at health-enhancing levels. In **Physical Activity and Public Health Practice**, a panel of respected researchers summarizes essential topics in physical activity and community health and guides public health practitioners and researchers in understanding the positive impact that physical activity has on a host of disease states.

Focusing on the benefits of physical activity across the human lifespan with emphasis on primary and secondary prevention of chronic diseases and conditions, the book examines:

- Historical insights into physical activity and health
- Public health philosophy and approaches to understanding health concerns
- Application of public health strategies to increase physical activity in youth, adults, and older adults
- Known and effective policy and environmental approaches applied to various settings, including schools, worksites, and the community
- The role of physical activity on growth and development and in relation to obesity
- Methods for measuring physical fitness and applying U.S. Physical Activity Guidelines for exercise prescriptions
- How to promote physical activity among hard-to-reach populations

A goal of all physical activity health promotion advocates is to increase the opportunity for citizens to live active, healthy lives. Understanding the immense role physical activity plays in human health is critical to shaping programs and policies that will benefit the population. This volume catalogs the latest research and provides a window into future possibilities for creating healthier communities.

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