



Physical Activity and Health Promotion: Evidence-based Approaches to Practice

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Physical Activity and Health Promotion: Evidence-based Approaches to Practice evaluates the realities and complexities of working to reverse the adverse trend toward physical inactivity. It is a well-rounded, evidence-based study of interventions for physical activity practice, covering a range of settings and target groups. Expert contributors present case studies which help to translate the theory into practice, from individual to societal levels, enriched by explanations of the socio-political context.

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