## HEALTH ENHANCING PHYSICAL ACTIVITY

Contents Contributing Authors	5 7	
Foreword: Claude Bouchard	, 15	
Foreword: Pekka Puska	17	
Introduction: Pekka Oja & Jan Borms	21	
<b>SECTION ONE: What are the health effects of physical activity?</b> Inactivity as a Disease Risk and Health Benefits of increased Physical Activity.		
Ilkka Vuori	29	
Health Risks of Physical Activity. Barry Franklin and Paul Nagelkirk	97	
The Public Health potential of Health Enhancing Physical Activity. Adrian Bauman and Yvette Miller	125	
SECTION TWO: How much and what kind of physical activity for health? General Dose-response Issues concerning Physical Activity and Health.		
William Haskell	149	
Frequency, Duration, Intensity and Total Volume of Physical Activity as Determinants of Health Outcomes.		
Pekka Oja	169	
Life-style activity for health.		
Marie Murphy	209	



SECTION THREE: How active and fit are we for health? Assessment of Health-Enhancing Physical Activity: Methodological Issu Barbara Ainsworth & Susan Levy	es. 239
Population Levels and Patterns of Physical Activity for Health. Maria Daniel Vaz de Almeida	271
How fit are we for Health? <i>Pekka Oja</i>	295
SECTION FOUR: How to promote health-enhancing physical activity? Theoretical Considerations for Physical Activity Promotion. <i>Glenn Brassington &amp; Abby King</i>	321
Individual and Small group interventions. Stuart Biddle	343
How to Promote Health Enhancing Physical Activity: Community Interventions. Nick Cavill & Charlie Foster	369
Environmental Influences on Physical Activity. Neville Owen, Nancy Humpel, Jo Salmon and Pekka Oja	393
Policy intervention: The Experience of Agita São Paulo in using 'Mobile Management' of the Ecological Model to promote Physical Activity. <i>Victor Matsudo, José Guedes, Sandra Matsudo,</i> <i>Douglas Andrade, Timoteo Araujo, Luis Oliveira,</i>	
Erinaldo Andrade and Marcos Ribeiro	427
Summary and Future Perspectives Jan Borms & Pekka Oja	445
Information and Resources Jan Borms & Pekka Oja	459