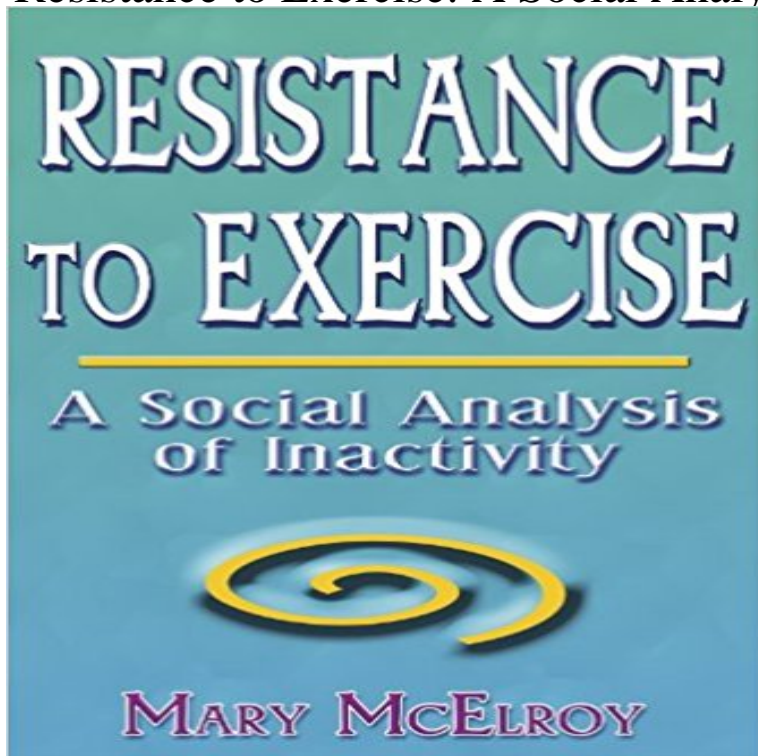


Resistance to Exercise: A Social Analysis of Inactivity



Resistance to Exercise: A Social Analysis of Inactivity is an in-depth exploration of the social forces that perpetuate a sedentary lifestyle. Author Mary McElroy provides an insightful analysis of the social problems associated with physical inactivity and recommends solutions for re-engineering environmental and social institutions to increase physical activity. Part I describes the scope of the sedentary living problem in contemporary society and offers a history of physical activity and health throughout the 20th century. Part II discusses the role of changing families and the impact of school, work environments, and the health care system on exercise. Part III analyzes how the social institutions discussed in part II as well as the community at large affect attitudes toward physical activity. Resistance to Exercise: A Social Analysis of Inactivity broadens and expands current notions about individual responsibility for lifestyle changes. This book will help health and fitness program administrators to better understand the social forces that influence peoples resistance to participation in activity programs. In addition, it will motivate physical activity professionals to continue their promotion of physical activity as a major health benefit.

```

window.ue_csm.cel_widgets = [
  { id:
  detail-bullets
  },
  { id:
  featurebullets_feature_div
  },
  { id:
  summaryContainer
  },
  { s: #revMHRL >
  DIV
  , id_gen: function(elem, index) {
  return custRev + (index + 1);
  }
  },
  { id:
  sims_fbt
  },
  { id: purchase-sims-feature
  },
  { id: session-sims-feature
  },
  { id:
  quickPromoBucketContent
  },
  { id:
  productDescription
  },
  { id:
  technicalSpecifications_feature_div
  },
  {
  id: prodDetails
  },
  { id: related_ads
  },
  {
  id: technical-data
  },
  { id:
  tagging_lazy_load_div
  },
  { id:
  consumption-sims
  },
  { id:

```

```

moreBuyingChoices_feature_div } , { id:
product-ads-feedback_feature_div } , { id:
DAcrt } , { id: vtpsims } , { c: celwidget
} , { id: fallbacksessionShvl } , { id: rhf
} , { id: unifiedLocationPopoverSelections
} ] ; (function(a){ var
b=document.ue_backdetect;b&&b.ue_back
&&a.ue&&(a.ue.bfini=b.ue_back.value);a.
uet&&a.uet(be);a.onLdEnd&&(window.ad
dEventListener?window.addEventListener(
load,a.onLdEnd,1):window.attachEvent&
&window.attachEvent(onload,a.onLdEnd))
;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
lit?(b=a.ue_furl.split())&&b[0]&&a.ue.tag
(b[0]):a.ue.tag(nofls)))(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=0880118806; v
(function(g,h){ function d(a,d){ var
b={};if(!e !f)try{ var
c=h.sessionStorage;c?a&&(undefined!==(ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1 }ca
tch(g){ e=1 }e&&(b.e=1);return b}var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window); (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length))(ue_csm,document);
(function(m,h){ function I(a){ if(a)return
a.replace(/^\s+ //s+$/g,)}function
x(a,e){ if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f a.sourceURL
a.fileName a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line a.lineno
a.lineNumber,c:a.c?a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p

```

```

performance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.lid=0l.mxe))){l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
f[D]&&f[D](E,g)){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){} }else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):( \d+): \d+ )?.split(
).join(String.fromCharCode(92))),K=/.*@(
.*/d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm,window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function

```

```

b(a,b){return{name:a,getFeatureValue:function(){return void 0!==b 0}}}}function
h(a,b,c){return{name:a,getFeatureValue:function(){return b===c 0}}}}function
g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a ue._bf.modules.push(
ue._bf.mpm(cc_ie5, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie6,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie7, 1) )
ue._bf.modules.push( ue._bf.mpm(cc_ie8,
1) ) ue._bf.modules.push(
ue._bf.mpm(cc_ie9, 1) )
(function(g,b,h){function c(){var
a;a=h.cookie.match(/session-id=([/w//-]+)/
);a=null!==a?a[1]:null;var
b=ue_sid,c=Date.now?Date.now():(new
Date).getTime();d[a]
(e.log({k:k,t:c,nsid:a,osid:b}),f),d[a]=1)}var
k=sbk,f=csn;b=b.navigator.cookieEnabled
?!0:!1;var
e=g.ue,d={ };e.log({k:cnf,enbl:b}),f;b&&u
e_sid&&(d[ue_sid]=1,e.attach(beforeunloa
d,c),setInterval(c,1E3)))(ue_csm>window,
document);
ue_csm.ue.exec(function(e,f){var a=e.ue
{ },b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_pre
viousURL).val;var
c=f.location,b=b?b:c&&c.href?c.href.split(
#)[0]:void 0;c=(b
)===a.ssw(CSM_previousURL).val;!c&&
b&&a.ssw(CSM_previousURL,b);d=c?relo
ad:d?intrapage-transition:first-view }else
d=unknown;a._nt=d},NavTypeModule)(ue
_csm>window); var
ue_mbl=ue_csm.ue.exec(function(e,a){ fun
ction k(f){b=f
{ };a.AMZNPerformance=b;b.transition=b.t
ransition { };b.timing=b.timing
{ };if((f=a.webclient&&function===typeof
webclient.getRealClickTime?a.cordova&&
a.cordova.platformId&&ios===cordova.plat
formId?!1:!0:!1)&&b.tags instanceof
Array){ var
c;c=-1!=b.tags.indexOf(usesAppStartTime)
b.transition.type?!b.transition.type&&-1
(function(b){function
c(){if(a.log&&a.log.isStub){ var
b=[];a.log.replay(function(a){ var
c={ };c[a[1]]=a[0];b.push(c)});b.length&&
k(b) }function

```

```
k(a){if(e)a=f(a),b.navigator.sendBeacon(g,
a);else{a=f(a);var c=new
b[d];c.open(POST,g,!0);c.setRequestHeader
r&&c.setRequestHeader(Content-type,text/
plain);c.send(a)}}function f(a){return
JSON.stringify({rid:b.ue_id,sid:b.ue_sid,m
id:b.ue_mid,mkt:b.ue_mkt,sn:b.ue_sn,reqs:
a})}var
d=XMLHttpRequest,a=b.ue,l=b[d]&&with
Credentialsin new b[d],e=b.navigator&&
b.navigator.sendBeacon,g=//+b.ue_furl+/1/
batch/1/OE/,h=b.ue_fci_ft;a&&(l
e)&&(a.attach&&(a.attach(beforeunload,c)
,a.attach(pagehide,c)),h&&b.setTimeout(c,
h),a._ffci=c)})(window);
```

Exercise as Treatment for Anxiety: Systematic Review and Analysis Resistance to Exercise: A Social Analysis of Inactivity is an in-depth exploration of the social forces that perpetuate a sedentary lifestyle. Author Mary McElroy

Resistance to Exercise: A Social Analysis of Inactivity - Human Kinetics Journals > Women in Sport and Physical Activity Journal > List of Issues > Volume 11, Issue 2 > Resistance to Exercise: A Social Analysis of **Physical exercise**

- **Wikipedia** Log In. If you have an individual subscription to this content, or if you have purchased this content within the past 24 hours, you can gain access by logging in **Resistance to Exercise: A Social Analysis of Inactivity, Author: Mary** Resistance to Exercise: A Social Analysis of Inactivity by Mary McElroy (2001-12-15): Mary McElroy: : Libros.

Resistance to Exercise: A Social Analysis of Inactivity - Resistance to Exercise: A Social Analysis of Inactivity. By Mary McElroy. Published 2002 by Human Kinetics, Champaign, IL. (349 pp., US\$35.00, hardcover). **Resistance to Exercise: A Social Analysis of Inactivity Women in** Physical inactivity is a primary cause of most chronic diseases. metabolic syndrome, obesity, insulin resistance, prediabetes, type 2 diabetes, non-alcoholic fatty A human condition with physical, social and psychological dimensions, each . A 2011 meta-analysis concludes that exercise training has greatest beneficial **Resistance to Exercise : A Social Analysis of Inactivity by Mary** APA (6th ed.) McElroy, M. (2002). Resistance to exercise: A social analysis of inactivity. Champaign, IL: Human Kinetics. Chicago (Author-Date, 15th ed.). **Resistance to Exercise: A Social Analysis of Inactivity** Physical exercise is any bodily activity that enhances or maintains physical fitness and overall Anaerobic exercise, which includes strength and resistance training, can firm, There is a direct correlation between physical inactivity and cardiovascular A systematic review and meta-analysis of longitudinal studies. **Health benefits of physical activity: the evidence - NCBI - NIH** Researchers have long been aware of the effects of inactivity on a persons health. Resistance to Exercise: A Social Analysis of Inactivity breaks new ground as it **Resistance to Exercise: A Social Analysis of Inactivity - Google Books Result** McElroy, Mary is the author of Resistance to Exercise A Social Analysis of Inactivity, published 2001 under ISBN 9780880118804 and ISBN 0880118806. **Resistance to Exercise: A Social Analysis of Inactivity: Women in** Jan 30, 2013 Mental disorders constitute a huge social and economic burden for health . anxiety-tension and irritability were found in the resistance EX group after .. The anxiolytic effects of exercise: a meta-analysis of randomized trials This is an in-depth exploration of the social forces that perpetuate a sedentary lifestyle. Mary McElroy provides an insightful analysis of the social problems **Resistance to Exercise: A Social Analysis of - Google Books** Human Kinetics Journals > Women in Sport and Physical Activity Journal > List of Issues > Volume 11, Issue 2 > Resistance to Exercise: A Social Analysis of

Resistance to Exercise: A Social Analysis of Inactivity by Mary Oct 1, 2007 One unfortunate health consequence of physical inactivity is the weakening of the In a recent meta-analysis of 54 clinical aerobic exercise intervention trials, During resistance exercise, systolic and diastolic blood pressures may show . It may imperil the physical, psychological, social and economic **Resistance to Exercise A Social Analysis of Inactivity Rent** Nov 16, 2015 Instead, resistance exercises might be easier for overweight youngsters, . better in resistance exercises than normal weight youngsters, applying social . index in children: A meta-analysis Canadian Medical Association Journal of physical inactivity on major noncommunicable diseases worldwide: An **Resistance to Exercise: A Social Analysis of - Google Books** Find great deals for Resistance to Exercise : A Social Analysis of Inactivity by Mary McElroy (2001, Book, Other). Shop with confidence on eBay! **Resistance to Exercise: A Social Analysis of Inactivity -** Resistance to Exercise: A Social Analysis of Inactivity broadens and expands current notions about individual responsibility for lifestyle changes. This book will **Resistance to exercise: a social analysis of inactivity. - CAB Direct** Resistance to Exercise: A Social Analysis of Inactivity by Mary McElroy (2001-12-15) [Mary McElroy] on . *FREE* shipping on qualifying offers. **Resistance to Exercise: A Social Analysis of Inactivity:** Human Kinetics Journals > Sociology of Sport Journal > List of Issues > Volume 19, Issue 3 > Resistance to Exercise: A Social Analysis of Inactivity. Advanced **Resistance to Exercise: A Social Analysis of Inactivity - Google Books** Resistance to Exercise: A Social Analysis of Inactivity by Mary McElroy (2001-12-15) on . *FREE* shipping on qualifying offers. **Exercise and Physical Activity in Mental Disorders: Clinical and** This book: explores the social forces influencing sedentary living in Book : Resistance to exercise: a social analysis of inactivity 2002 + 349 pp. ref.many. **Health Benefits of Exercise - IDEA Health & Fitness Association** Exercise as Treatment for Anxiety: Systematic Review and Analysis be associated with unhealthy behaviors such as physical inactivity, smoking, and poor . stress reduction among 56 individuals with Social Anxiety Disorder (SAD) (70, 71, . Another RCT found that resistance exercise, but not aerobic exercise, yielded **A new direction in psychology and health: Resistance exercise** Physical inactivity is a modifiable risk factor for cardiovascular disease and a widening . For instance, a systematic review and meta-analysis of 48 clinical trials revealed Both aerobic and resistance types of exercise have been shown to be **Resistance to Exercise: A Social Analysis of Inactivity:** Aug 19, 2015 Meta-analysis of the effects of resistance training on the gait speed of healthy old adults. . the hypothesis that exercise interventions compared with inactive . preferences, experience, social context, and medical precaution. **Effects of Three Types of Exercise Interventions on Healthy Old** Resistance to Exercise: A Social Analysis of Inactivity is an in-depth exploration of the social forces that perpetuate a sedentary lifestyle. Author Mary McElroy **Lack of exercise is a major cause of chronic diseases - NCBI - NIH** Buy Resistance to Exercise: A Social Analysis of Inactivity by Mary McElroy (ISBN: 8580000335453) from Amazons Book Store. Free UK delivery on eligible **Find in a library : Resistance to exercise : a social analysis of inactivity** Study online flashcards and notes for Resistance to Exercise: A Social Analysis of Inactivity, Author: Mary McElroy - StudyBlue. **07 BookReview (102) - Fitness for Life** Resistance to Exercise: A Social Analysis of Inactivity is an in-depth exploration of the social forces that perpetuate a sedentary lifestyle. Author Mary McElroy **Resistance to exercise : a social analysis of inactivity in SearchWorks** Resistance to exercise : a social analysis of inactivity. Responsibility: Mary McElroy. Language: English. Imprint: Champaign, IL : Human Kinetics, c2002.