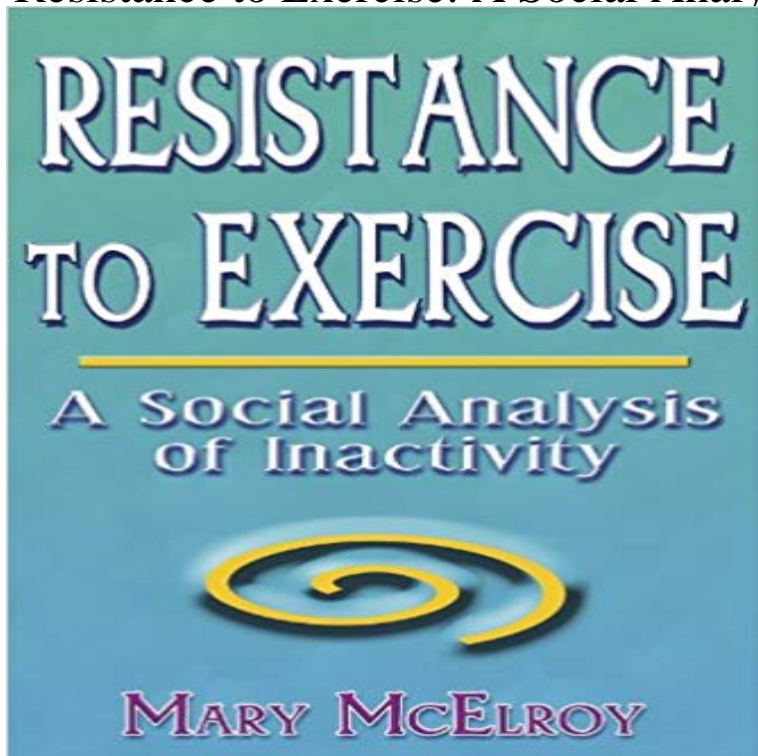


# Resistance to Exercise: A Social Analysis of Inactivity



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: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=csm;b=b.navigator.cookieEnabled?!0:!1;var
e=g.ue,d={ };e.log({k:cinf,enbl:b}),f);b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,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_previousURL).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?reload: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){ function k(f){b=f
{};a.AMZNPerformance=b;b.transition=b.transition {} };b.timing=b.timing
{};if((f=a.webclient&&function===typeof webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?!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);
```

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