(Wrong) representations of physical activity, from definition to recommandations

Prof. Marc CLOES

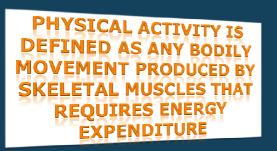
Department of Sport and Rehabilitation Sciences University of Liege, Belgium 1st European Health Qigong Games Mons, Belgium – July 10, 2014

Purpose of the presentation

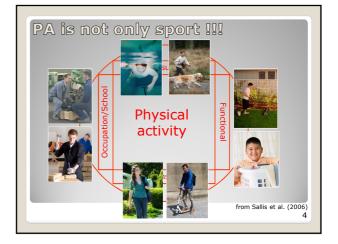
Two questions:

- Are you ready to be a PA promotor?
- What are the wrong representations of the people about PA ?





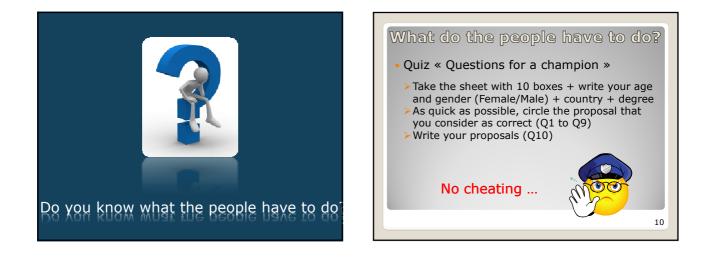
Introduction

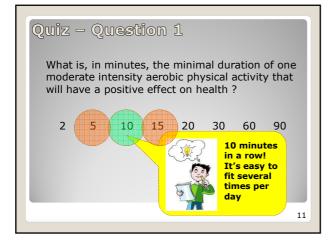


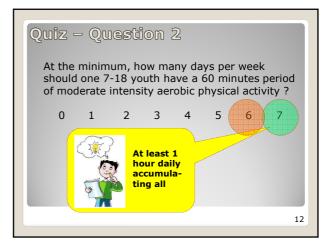


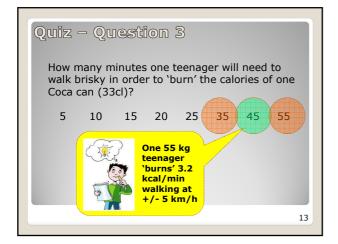


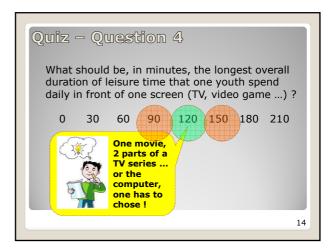


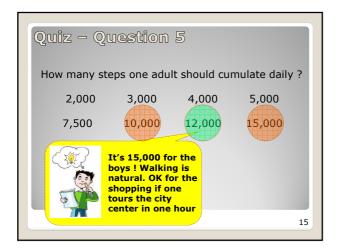


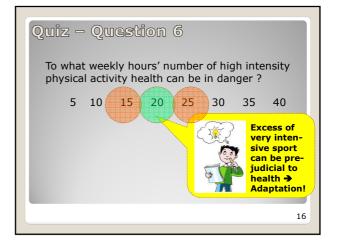


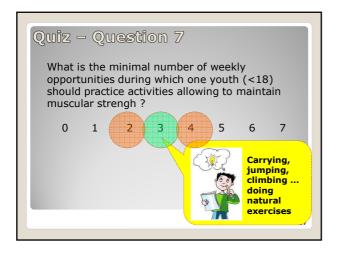


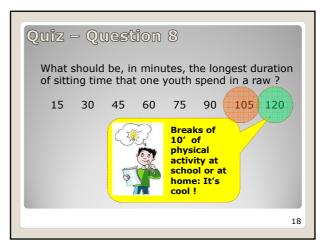


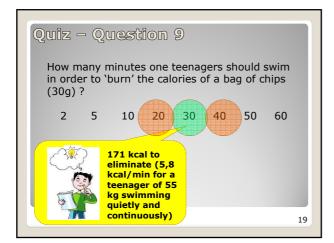


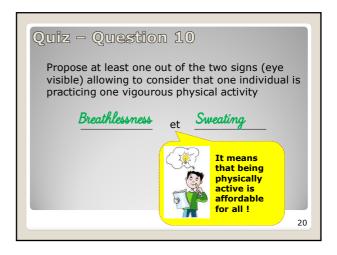








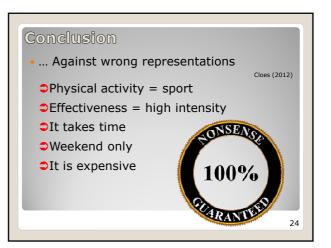














It's up to you now!

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References

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Sallis, J.F., Cervero, R.B., Ascher W., et al. (2006). An ecological approach to creating active living communities. Annual Review of Public Health, 27, 297-322.