Discussion questions: Increasing Physical Activity and Exercise Through Environmental Approaches (Chapter 8)

Concept 8.0 Define the term environmental interventions. Provide at least two examples of an environmental intervention that increases physical activity and exercise.

Concept 8.1 Discuss the components that comprise the social ecological model and how each component is associated with promoting physical activity and exercise?

Concept 8.2 What is a “supportive environments” in promoting physical activity and exercise? Provide several supportive environment examples at work, school, home, or in a community?

Concept 8.3 Discuss the environmental interventions that promote physical activity and exercise as it relates to parks, trails, neighborhood, signage, and land use?

Activity

Describe how one can develop “support environments interventions” to promote physical activity and exercise in fitness facilities and cardiac rehabilitation programs?