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Convergence Results on Proximal Method of Multipliers in Nonconvex Programming

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Kurzfassung

Aim: The aim of this study was to examine whether the correlates of physical activity (PA) differed as a function of two different PA recommendations: (1) the Fitness Recommendation, i.e., the improvement of cardiovascular fitness by 3 × 20 min/week of vigorously intense PA and (2) the health-enhancing PA (HEPA) concept such as the emphasis on the important benefits to health and fitness by performing 5 × 60 min/week of moderately intense PA. Subjects and Methods: A cross-sectional design was used. In a sample of 524 adolescents (50.2% males, mean age = 15.0), we quantified different (demographic/biological, psychological, behavioural) self-reported correlates of PA as well as compliance with the PA recommendations. Sex-specific multivariate logistic regression models were used to identify correlates of fulfiling the two PA recommendations. Results: Multivariate analyses revealed differences between the correlates and PA-specific Recommendations. For boys, only the Fitness Recommendation was significantly associated with psychosocial variables (self-efficacy and behavioural change strategies) and membership in a sports club. For girls, membership in a sports club was significantly associated with both PA recommendations. However, this association was positive with respect to the Fitness Recommendation and negative with respect to the HEPA Recommendation. Conclusion: Our results provided some preliminary indication that correlates differ depending on specific recommendations in 14–16-year-old boys and girls. Moreover some variability with regard to sex was observed.