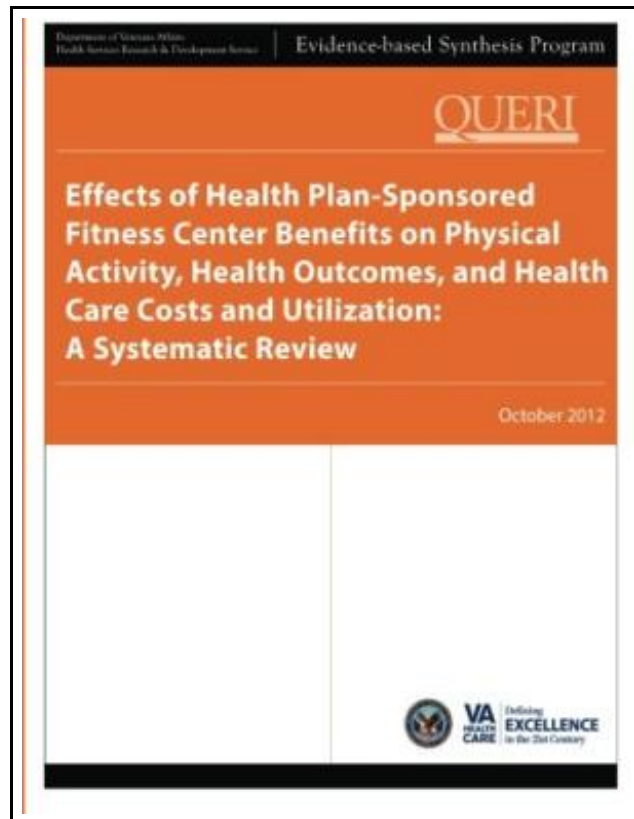


Effects of Health Plan-Sponsored Fitness Center Benefits on Physical Activity, Health Outcomes, and Health Care Costs and Utilization: A Systematic Review



Filesize: 1.91 MB

Reviews

These sorts of pdf is the greatest ebook offered. We have study and that i am sure that i will going to study once more once more in the future. Its been printed in an remarkably simple way and it is only after i finished reading through this pdf through which in fact transformed me, affect the way i believe.

(Mr. Dashawn Block MD)

EFFECTS OF HEALTH PLAN-SPONSORED FITNESS CENTER BENEFITS ON PHYSICAL ACTIVITY, HEALTH OUTCOMES, AND HEALTH CARE COSTS AND UTILIZATION: A SYSTEMATIC REVIEW

[DOWNLOAD](#)

Createspace. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. Regular physical activity has many positive health benefits, including protection against chronic disease, improved physical and mental health and cognitive function, and better health-related quality of life. Moreover, lack of physical activity is associated with higher health care costs and utilization. The current U. S. guidelines recommend that adult Americans (1) engage in at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity each week (or an equivalent mix of moderate- and vigorous-intensity aerobic activity) and (2) perform strengthening activities that target all major muscle groups on at least 2 days a week. However, many Americans do not get the recommended levels of physical activity. More Veterans are sufficiently active than non-Veterans. However, Veterans who use Veterans Affairs (VA) health care are more likely to be physically inactive (22. 6 vs. 14. 9) and are less likely to meet physical activity recommendations (42. 6 vs. 46. 7) compared with Veterans who do not use VA health care. Multiple personal, social, and environmental factors influence a persons participation in physical activity. Consequently, multiple internal and external barriers to obtaining regular physical activity exist. Internal barriers include a lack of time and motivation, health problems, and emotional difficulties. External barriers involve weather; cultural issues; safety concerns; limited access to facilities, equipment, and transportation; and monetary expenses such as those associated with attending a fitness center. The perceived cost of engaging in physical activity is a significant barrier that increases the likelihood of sedentary behaviors and decreases the likelihood of participation in vigorous physical activity. Thus, reducing the cost of being physically active through providing full or partial memberships to fitness centers may be a viable option to...



[Read Effects of Health Plan-Sponsored Fitness Center Benefits on Physical Activity, Health Outcomes, and Health Care Costs and Utilization: A Systematic Review Online](#)



[Download PDF Effects of Health Plan-Sponsored Fitness Center Benefits on Physical Activity, Health Outcomes, and Health Care Costs and Utilization: A Systematic Review](#)

Related PDFs



The Mystery at Motown Carole Marsh Mysteries

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery...

[Save ePub »](#)



Eagle Song Puffin Chapters

Puffin. Paperback. Book Condition: New. Dan Andreasen (illustrator). Paperback. 80 pages. Dimensions: 7.6in. x 4.9in. x 0.3in. A contemporary middle grade story about confronting bullying and prejudice Danny Bigtrees family has moved to Brooklyn, New York,...

[Save ePub »](#)



Absolutely Lucy #4 Lucy on the Ball A Stepping Stone Book™

Random House Books for Young Readers. Paperback. Book Condition: New. David Merrell (illustrator). Paperback. 112 pages. Dimensions: 7.4in. x 5.1in. x 0.4in. Ilene Coopers fourth story of a boy and his beagle takes Bobby and Lucy...

[Save ePub »](#)



Good Night, Zombie Scary Tales

Feiwei & Friends. Paperback. Book Condition: New. Iacopo Bruno (illustrator). Paperback. 112 pages. Dimensions: 8.2in. x 5.4in. x 0.2in. Welcome. Have a seat. Ignore the shambling undead outside. Let us tell you a story. But be...

[Save ePub »](#)



God Loves You. Chester Blue

Henry and George Press. Paperback. Book Condition: New. Ursula Andrejczuk (illustrator). Paperback. 140 pages. Dimensions: 8.0in. x 5.2in. x 0.3in. BEAUTIFUL NEW ILLUSTRATIONS BRING THE STORY TO LIFE! A charming book about a mysterious bear that shows...

[Save ePub »](#)