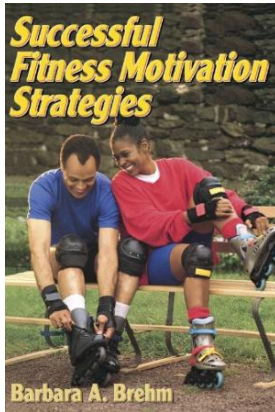


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## SUCCESSFUL FITNESS MOTIVATION STRATEGIES



Human Kinetics Publishers, United States, 2004. Paperback. Book Condition: New. New.. 226 x 152 mm. Language: English . Brand New Book. Brehm (exercise and sport studies, Smith College) shows fitness professionals how to structure physical activity programs that will lead to success for their clients. The book overviews the psychology of behavioral change, walks through the stages of change model for physical activity, and addresses.

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- Authored by Barbara A. Brehm
- Released at 2004



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