

Physical Activity and Psychological Well-Being

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✓ Verified Book of Physical Activity and Psychological Well-Being

Summary:

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The 'feel-good' effect of physical activity is widely reported among participants. Physical Activity and Psychological Well-Being represents a research consensus on the relationship between physical activity and aspects of mental health, providing an overview of the case for the role of exercise in the promotion of psychological well-being. Topics covered include: * anxiety and stress

* depression

* mood and emotion

* self-perceptions and self-esteem

* cognitive functioning and ageing

* psychological dysfunction This book is invaluable reading for students and researchers working in the exercise, sport and health sciences, and for health and clinical psychologists. It is also a foundation text for health promotion and health service professionals, particularly those working in the area of mental health.

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