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Appendix A

Newspaper Articles

Please refer to the Roanoke Times Newspaper (New River Valley Section), Thursday, December 13, 2001 for the article.

Please refer to the Virginia Tech Spectrum Newspaper, Volume 24, Number 13, Friday November 20, 2001 for the article.
Appendix B

Study Screening Website
Welcome

Welcome to the research page for the Active 4 Life exercise, nutrition, and activity study from the Center for Research in Health Behavior in the Psychology Department and the Department of Human Nutrition, Foods, and Exercise at Virginia Tech.

In Brief

Many people cite lack of time for exercise and feelings of frustration as why they do not stick to weight loss programs.

Emerging research has shown that modest reductions in food intake and exercise have led to continued weight loss and/or maintenance over period.

Further, a recent study shows that using specific, prescriptive, short aerobic and strength training protocols can result in significant incr strength and fitness within minimal training time per week.

Together, these two elements may help break barriers to exercise and weight management.

http://www.vactive4life.com/
The Study

This is a 12-15 week aerobic and strength-training program, with a activity program, followed by a 12-15 week follow-up period. For those testing procedures (which are outlined below), participants will be placed into one of three possible groups.

Group #1

This group will participate in an aerobic and strength training program, at our private exercise lab located on North Main Street with personal-trainer. In addition, this group will receive a nutrition and education program.

Group #2

This group will also receive the aerobic and strength program outlined with a new program. Weight management and nutrition plan focused long-term nutrition and activity behaviors.

The nutrition program will involve meeting with a nutritionist once a week for 15 minutes immediately following the exercise session.

Participants in this group will need to keep records of their daily activity (involves writing the total number of steps accrued on the step count of the each day).

In addition, participants in this group will exercise in different locat areas. Further, participants will be asked to bring family and/or friends once a month in order to discuss ways to support new activity an behaviors.

For both exercise groups, an aerobic and strength-training program develop based on individual levels of fitness and strength. Each session will include both an aerobic and strength training component. Together, each session will last approximately 30 minutes.

Group #3

For the first 24 weeks, participants placed in this group will serve a wait-list-control comparison. During this time, individuals in this group will not change any of their current activity or dietary habits. However, this period, all individuals in this group will receive an exercise and program.
Assessment Procedures

Participants will be asked to complete the following procedures at 1
times with privacy and confidentiality protected: 1) before starting
12-15 weeks after the beginning of the study, and 3) 24-27 weeks af
beginning of the study:

• Complete self-report questionnaires in regards to current acti
related quality of life, mood, and confidence in completing a
different activities.

• Complete a self-report nutritional diary of daily food intake f
period.

• Monitor daily activity through the use of a pedometer for a 3-
pedometer looks like a small pager and clips onto your belt or
measures daily activity.

• Complete a strength test in order to determine your current l
strength.

• Allow us to take your resting blood pressure.

• Allow us to take a small finger sample of blood in order to de
current level of cholesterol.

• Allow us to obtain a small venous blood sample in order to me
cardiovascular system is adjusting, in addition, in order to de
glucose levels, we ask that you fast for a period of 12 hours in
obtain fasting blood sample.

• Complete a Bone Density test in order to determine your curr
density tissue around the midsection of your body. You will a
other than slight table tilting for optimal scanning. A certifie
technician will perform the test.

• Allow us to complete body composition measurements includu
weight, body circumferences, and percent body fat.

• Complete a bicycle exercise test of approximately 5-15 minut
your maximal capacity in order to assess your current level of
order to measure how much oxygen you use during exercise,
to breathe into a lightweight rubber maskpiece. In order to sa
there will be emergency medical technician present a
tests.

Together, these procedures will take approximately 2.5 hours at ea
outlined times.


10/16/01