

Figure 1

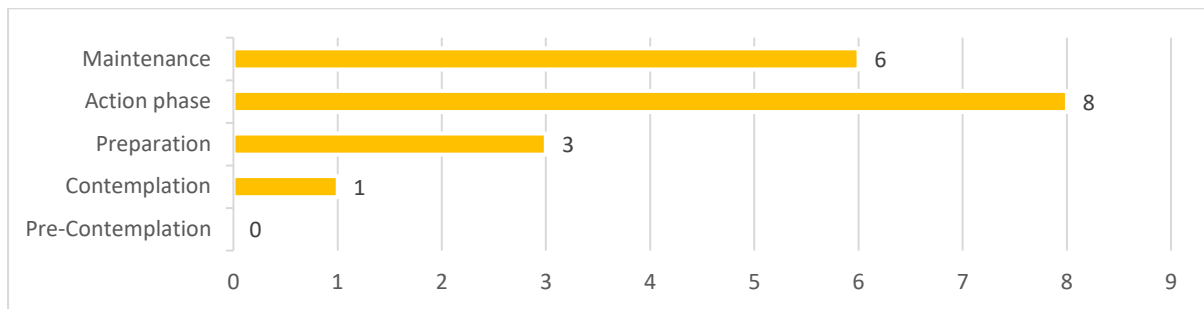


Figure 1a. Stages of change

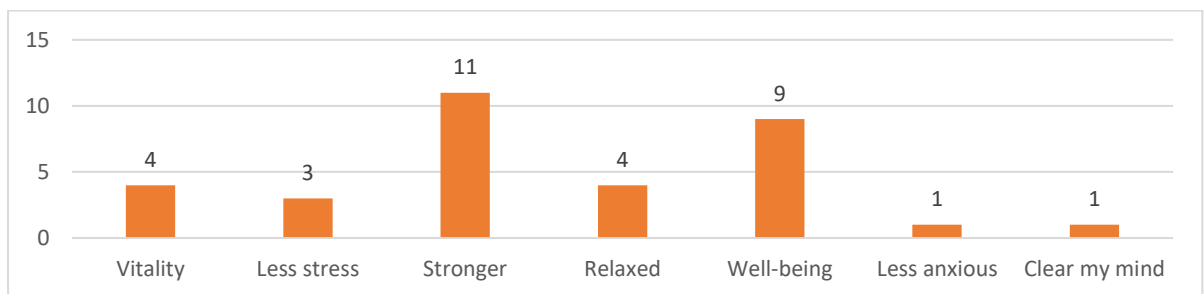


Figure 1b. Experimental Group Positive Experiences expected from Physically Activity