

“Attitudes of Overweight and Normal Weight Adults Regarding Exercise at a Health Club”

- 1) Participants who had a positive attitude toward club exercise were
 - a. more likely to have an intention to exercise and more likely to have positive perceptions regarding their health, appearance and self-image.
 - b. less likely to have an intention to exercise and more likely to have positive perceptions regarding their health, appearance, and self-image.
 - c. more likely to have an intention to exercise and more likely to have negative perceptions regarding their health, appearance and self-image.
 - d. more likely to have a negative perception about their own health.

- 2) Compared to men, women in this study were
 - a. More likely to believe exercise improved self-image and health
 - b. Less likely to suffer from emotional distress in the health club setting
 - c. Less likely to feel comfortable exercising around older people
 - d. a and c

- 3) Which of the following statements is true regarding health club exercise in Caucasian and non-Caucasian participants?
 - a. Caucasians are more likely to be health club members than non-Caucasians
 - b. Caucasians have better attitudes about exercise in a health club than non-Caucasians
 - c. Non-Caucasians have higher intent to exercise in a health club than Caucasians
 - d. Non-Caucasians have fewer barriers to exercising in a health club than Caucasians

- 4) Age of participants in this study influenced health club exercise in which way?
 - a. Younger participants were less positive about exercising in a health club
 - b. Younger and older people reported different reasons for exercising in a health club
 - c. Older people found exercising in a health club more fun than younger people
 - d. Younger people were more likely to exercise in a health club to improve overall health

- 5) Positive attitudes toward exercise at a health club
 - a. Primarily focus on self
 - b. Relate to self and relation to others
 - c. Override barriers to exercise
 - d. Are sufficient to lead to increased tendency to exercise

- 6) Negativity toward health club exercise
 - a. Primarily focuses on self
 - b. Relates to self and relation to others
 - c. Overrides barriers to exercise
 - d. Leads to increased tendency to exercise

- 7) Dietitians can apply the results of this study by:

- a. Helping to implement a Healthy at Every Size philosophy at health clubs in their area
 - b. Promoting benefits of exercise on health and well-being during interaction with OW patients
 - c. Making OW people feel more comfortable in the health club setting by discussing individual attitudes about health club exercise with each OW client
 - d. a, b, and c
- 8) The ultimate goal of professionals working in a health club setting is to:
- a. Increase the number of positive beliefs the individual has concerning exercise in a health club
 - b. Increase the number of health clubs available for individuals to utilize
 - c. Maintain the work they are doing because it is improving the health and fitness of the community
 - d. Develop exercise programs that ensure weight loss
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