

**Table 4. Summary of Variables that May Determine the Probability of Exercise**

<b>Determinant</b>	<b>Changes in Probability</b>	
	<b><i>Supervised Program</i></b>	<b><i>Spontaneous Program</i></b>
<b><i>Personal Characteristics</i></b>		
Past program participation	++	
Past activity outside of programs	+	
School athletics, 1 sport	+	0
School athletics, >1 sport		+
Blue-collar occupation	--	-
Smoking	--	
Overweight	--	
High risk for coronary heart disease	++	
Type A behavior	-	
Health and exercise knowledge	-	0
Attitudes	0	+
Enjoyment of activity	+	
Perceived health	++	
Mood disturbance	--	--
Education	+	++
Age	00	-
Expected personal health benefit	+	
Self-efficacy for exercise		+
Intention to adhere	0	0
Perceived physical competence	00	
Self-motivation	++	0
Evaluating costs and benefits	+	
Behavioral skills	++	
<b><i>Environmental Characteristics</i></b>		
Spouse support	++	+
Perceived available time	++	+
Access to facilities	++	0
Disruptions in routine	--	
Social reinforcement (staff, exercise partner)	+	
Family influences		++
Peer influence		++
Physical influences		+
Cost		0
Medical screening	-	
Climate	-	
Incentives	+	
<b><i>Activity Characteristics</i></b>		
Activity intensity	00	-
Perceived discomfort	--	-

Key: ++ repeatedly documented increased probability; + weak or mixed documentation of increased probability  
 00 repeatedly documented that there is no change probability; 0 weak or mixed documentation of no change in probability  
 -- repeatedly documented decreased probability; - weak or mixed documentation of decreased probability  
 blank spaces indicate no data

Source: Dishman, R., Sallis, J., Orenstein, D. (1985). The determinants of physical activity and exercise. Public Health Reports 100: 156-157. In D.C. Nieman (1990). Fitness and sports medicine. An introduction. Palo Alto, CA: Bull.