

Minimal-Contact Physical Activity Interventions in Women: A Pilot Study

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Objective: To examine the impact of 3 minimal-contact lifestyle interventions on physical activity in women. **Methods:** Fifty female volunteers were randomly assigned to one of 3 lifestyle physical activity interventions for 8 weeks. Subjects wore an accelerometer for a week at baseline and postintervention to objectively monitor their physical activity. **Results:** Participants significantly increased their physical activity

from baseline to postintervention; however, there was no significant difference in physical activity among the 3 intervention groups. **Conclusions:** Results of this pilot study support the use of minimal-contact lifestyle interventions to promote physical activity in women.

Key words: exercise, accelerometer, pedometer, lifestyle physical activity intervention

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