

Predicting Physical Activity Among Low-income Mexican American Women: Application of the Theory of Planned Behavior

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Objectives: To utilize the theory of planned behavior (TPB) in explaining the prediction of physical activity intention and determine if present activity behavior attenuates theory construct relationships in a sample of low-income Mexican women. **Methods:** Data were gathered on 201 subjects through a self-report survey instrument and analyzed through structural equation modeling. **Results:** Present activity behavior attenuated theory construct

influence on intention, and perceived behavioral control was the strongest predictor of intent to engage in physical activity. **Conclusions:** Interventions promoting voluntary physical activity for this population group should address factors perceived as barriers to participating in activity situations.

Key words: activity behavior, attitudes, perceived behavioral control, subjective norm

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