

# Family Process and Parent's Leisure Time Physical Activity

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**Objective:** To examine relations between family environment and parent's leisure-time physical activity conceived as a system of interdependent variables (LTPA-specific variables) including family rules, support, and exercise activity. **Methods:** Family environment was described using site of residence and a family typology. Two-way MANCOVA on the LTPA-specific scores were conducted for 533 male and 603 female parents from a community

sample. **Results:** Main effects for family type, site of residence, and a significant family type by site of residence interaction were found. There were gender-specific patterns of LTPA-specific scores. **Conclusion:** Different families may have different mechanisms of influence on physical activity habits.

**Key words:** family, typology, family health promotion, physical activity

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