

Predictors of Leisure-time Physical Activity Among African American Women

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Objectives: To examine the extent to which social support and self-efficacy were related to the duration of leisure-time physical activity in a sample of African American women. **Methods:** Two hundred forty African American women completed a 45-item questionnaire at community health centers and churches. **Results:** Mean weekly physical activity was found to be 88 minutes. Self-efficacy ($P \leq 0.01$) and frequency of

social support from friends ($P \leq 0.01$) were found to be significant predictors for physical activity and accounted for 23.7% of the variance. **Conclusions:** Physical activity interventions for Black women must build on the constructs of self-efficacy and friends' social support.

Key words: exercise, Black, minority, self-efficacy, social support

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