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Physical activity, screen-based activities and their potential determinants

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Stellingen

Physical activity, screen-based activities and their potential determinants. Active living during adolescence

Jaroslava Kopčáková
20 September 2017

1. Improving adolescent boys' body image should be a major public health target as adolescent boys with a poor body image are at higher risk to be not physically active.
-this thesis-
2. Addressing specific motives to engage in physical activity may increase the level of physical activity among adolescents.
-this thesis-
3. The Health Behaviour of School-aged Children questionnaire on motives for physical activity can be routinely used to measure motives for physical activity among adolescents.
-this thesis-
4. Improving the accessibility of sports facilities at school may increase physical activity of adolescents.
-this thesis-
5. Making the built environment more activity-friendly could increase physical activity and reduce screen-based activities of adolescents.
-this thesis-
6. Sufficient physical activity seems to buffer the increased risk of death associated with high level of sitting time.
-Ekelund U et al., 2016-
7. Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love.
-The Ottawa Charter, 1986-

8. Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful.

-Albert Schweitzer-

9. Getting people moving should become a priority of all sectors—not just health—in all entities and countries.

-Reis R S et al., 2016-

10. All grown-ups were once children... but only few of them remember it.

-Antoine de Saint-Exupéry-