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Shephard, Roy J., Tudor-Locke, Catrine (Eds.), University of Toronto, Toronto, ON, Canada

# The Objective Monitoring of Physical Activity: Contributions of Accelerometry to Epidemiology, Exercise Science and Rehabilitation

- Provides valuable reading for epidemiologists, clinical exercise physiologists, and personal trainers
- Presents new directions for epidemiological research
- Indicates potential areas of development in objective monitoring technology

This book examines the new knowledge that has been gained from the objective monitoring of habitual physical activity by means of pedometers and accelerometers. It reviews current advances in the technology of activity monitoring and details advantages of objective monitors relative to physical activity questionnaires. It points to continuing gaps in knowledge, and explores the potential for further advances in the design of objective monitoring devices. Epidemiologists have studied relationships between questionnaire assessments of habitual physical activity and various medical conditions for some seventy years. In general, they have observed positive associations between regular exercise and good health, but because of inherent limitations in the reliability and accuracy of physical activity questionnaires, optimal exercise recommendations for the prevention and treatment of disease have remained unclear.

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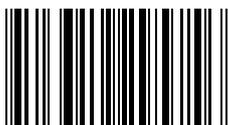
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