

Learning Activity:

| LEARNING OBJECTIVES | EXPANDED CONTENT OUTLINE |
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| 1. The learner will be able to identify definitions of long-term maintenance of physical activity. | Background information will be presented on how maintenance is defined in prior physical activity interventions with African American women. |
| 2. The learner will be able to discuss the effects of a life-style physical activity program with group meeting on long-term maintenance of physical activity in African American women. | The longitudinal effects of the Women's Life style program on leisure-time moderate intensity physical activity and walking will be presented at 24 and 48-weeks (intervention phase) and from 1 to 3 years after completion of the intervention (maintenance |
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