References and Further Reading


Underpinning behavioural theory


Qualitative research


Best buy books


Marcus, B.H. & Forsyth, L.H. Motivating People to be Physically Active. Human Kinetics, Champaign Illinois

**NICE Guidance**


**Recent research**


BMJ online First bmj.com, 2010


Recommendations for promoting the engagement of older people in preventative healthcare

Evidence based recommendations for promoting the engagement of older people in preventative healthcare. These recommendations were put together by members of ProFaNE.