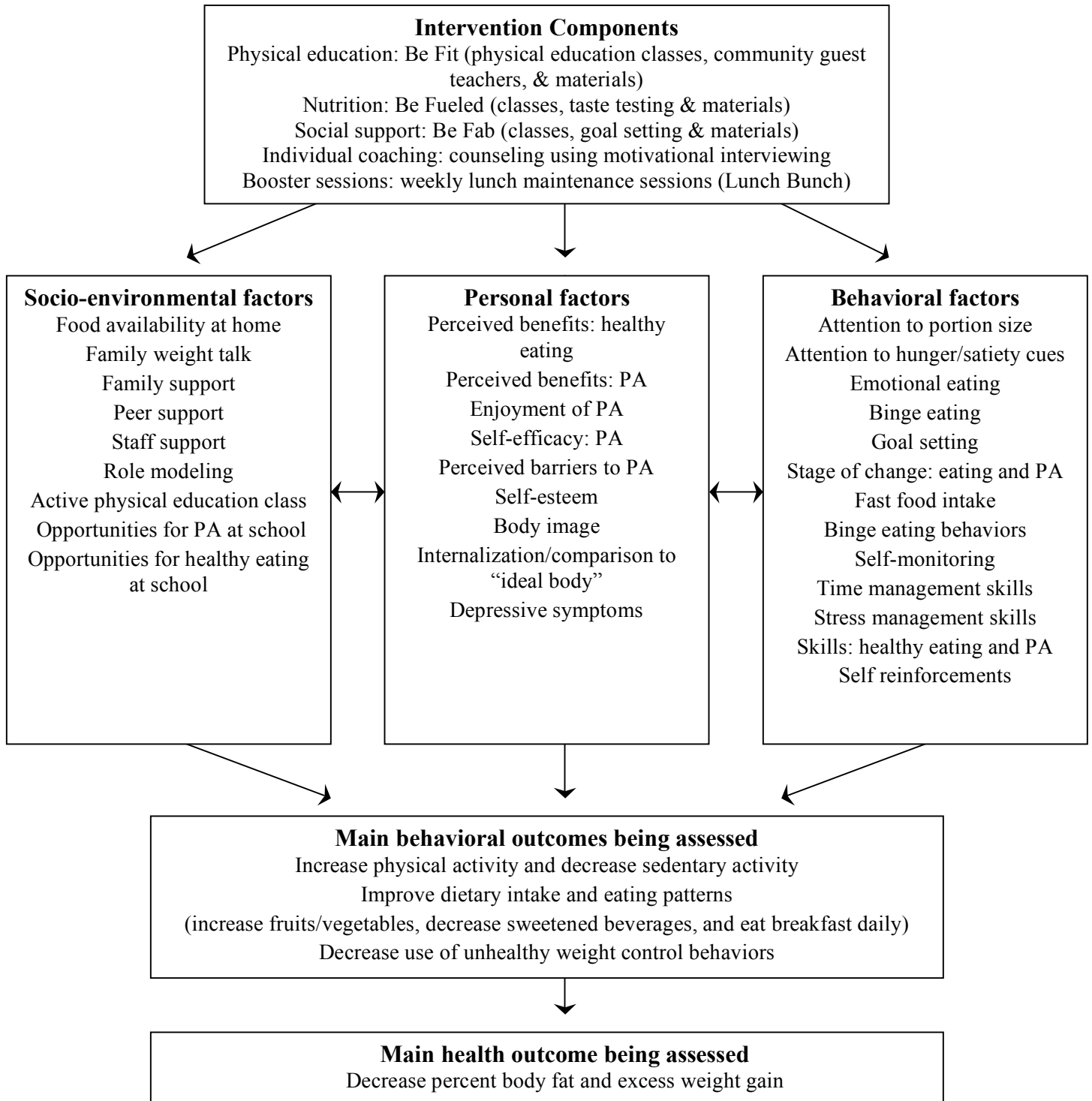


Figure 1: New Moves theoretical model of change based on Social Cognitive Theory



PA = physical activity