

Analytic Framework: Physical Activity Interventions Including Activity Monitors for Adults with Overweight or Obesity

Behavioral Interventions Including Activity Monitors

- Monitor integration
- PA education, promotion, support

Key potential effect modifiers

- Intervention activities
- Activity monitor type and role
- Client characteristics: SES; race/ethnicity

Recruited Adults who are Overweight or Obese

Potential harms

- Injuries associated with change in physical activity

Potential additional benefits

- Increased motivation for other lifestyle modifications (nutrition)

Increased Motivation to be Physically Active

Increased Physical Activity

- Frequency
- Duration
- Intensity
- Levels meeting PA recommendations

Improved Intermediate Health Outcomes

- Weight loss or control
- Fitness
- Blood pressure control
- Lipid control
- Glycemic control

Reduced Morbidity

Reduced Mortality

Improved Healthcare Utilization

Improved quality of life