

Dieting, Overweight, And Obesity: Self-Regulation In A Food-Rich Environment By Wolfgang Stroebe

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The Association between Physical Activity and

could contribute to a better eating self-regulation in overweight the association between physical activity, diet, and ultimately

Wolfgang Stroebe

Professor Wolfgang Stroebe holds appointments both at Utrecht University and Stroebe, W. (2008). Dieting, overweight and obesity: Self-regulation in a food-rich

IJBNPA | Full text | Motivation, self-determination, and long

This article explores the topics of motivation and self-regulation in the for overweight and obesity diet and exercise behaviors. Motivation

Dieting, Overweight, and Obesity: Self-regulation

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