##Contents

**Chapter 1**  Introduction and discussion of results 
- The relevance of physical activity 10
- The process of behavior change 12
- Research questions, chapter overview and summary of results 17
- Conclusion 30

**Chapter 2**  The Theory of Planned Behavior and physical activity change: Outcomes of the Aging Well and Healthily Intervention Program for Older Adults
- Abstract 34
- Method 38
- Results 42
- Discussion 45

**Chapter 3**  Design of an Internet-based program with prompting to motivate adults aged 50+ to engage in physical activity
- Step 1. Needs assessment: Physical activity and the target group 50
- Step 2. Programs change objectives 51
- Step 3. Theoretical approach and practical applications 51
- Step 4. Translation into an organized program 52
- The intervention website 56
- Discussion 59