

**EXERCISE PSYCHOLOGY PROMOTES
BETTER QUALITY OF LIFE
25 YEARS OF RESEARCH PRESENTED AT AASP CONFERENCE**

MADISON, WI – October 2010 – We’ve all heard it before- exercise is good for the body and mind. But is there psychology research to back up these claims over the past 25 years? Professionals with the Association for Applied Sport Psychology (AASP) will share their findings at the organization’s annual conference in Providence, R.I., from October 27- 30.

Bonnie Berger, Ed.D., a professor in the School of Human Movement, Sport and Leisure Studies at Bowling Green State University, Ohio, will be sworn in as the new AASP President during the conference, and will speak on *Exercise and Quality of Life: Celebrating 25 Years of Investigation* on Thursday, October 28.

According to Dr. Berger, studying the effects of exercise on one’s daily life has evolved over time. In the 1980s, researchers focused on exercise as a means to reduce anxiety, depression and stress. In 2010, the focus has turned to more positive psychological components - enjoyment, peak moments and well-being, as well as the therapeutic benefits of an exercise routine. Berger will show how the psychological (i.e. “feel good” state) benefits increase for those who stick with an exercise plan.

Berger, an author of two books on exercise psychology and a frequent authority for articles dealing with physical activity and quality of life, mood alteration and enjoyment will also discuss the psychological and physical effects of inactivity and new strategies being used to get people moving.

Dr. Bess Marcus of Brown University has spent the past 20 years conducting research on physical activity behavior and will deliver the Health and Exercise Keynote Address on Thursday, October 28. Her work focuses on how best to use mental skills to get people moving – walking, swimming, biking, etc. – in order to prevent medical problems, such as obesity and cancer. Dr. Marcus is a Professor of Medical Science in the Department of Bio-Med Institute of Community Health Promotion at Brown University.

The international sport and exercise psychology organization is celebrating its 25th anniversary conference at the Westin Providence Hotel. In addition to exercise psychology, the AASP conference will deal with many sport psychology topics, including recovering from sport injury, the use of imagery in competitive sports and developing the coach-athlete relationship.

The Association for Applied Sport Psychology (AASP)

The Association for Applied Sport Psychology (AASP) promotes the ethical practice, science and advocacy of sport and exercise psychology. Founded in 1986, AASP is an international, multidisciplinary, professional organization that offers certification to qualified professionals who practice sport and exercise psychology. With more than 1,200 members in 35 countries,

AASP is a worldwide leader, sharing research and resources with the public via its Web site, www.appliedsportpsych.org.