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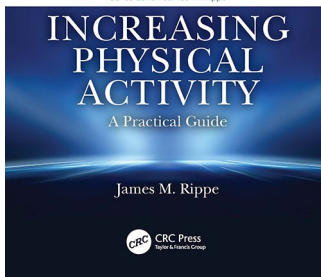
Book REVIEW

Increasing Physical Activity: A Practical Guide by James M. Rippe

CRC Press • 2020 • \$54.95 • ISBN: 9780367499952U



LIFESTYLE MEDICINE SERIES
Series Editor: James M. Rippe



In the early days of the *lifestyle medicine* movement, there was debate as to whether the key tenants of lifestyle medicine should be organized around specific diseases, as most of modern medicine has been arranged, or structured around the core lifestyle interventions such as nutrition and physical activity. Both approaches have value, and both have been utilized in various settings; however, the predominant approach by the lifestyle medicine movement has been to organize academic concepts around the core lifestyle interventions. They are

now called the lifestyle medicine pillars.

James Rippe has been a leader in the lifestyle medicine movement from the beginning, being the first to formally call this approach to health care by the name of *lifestyle medicine*. His comprehensive lifestyle medicine text remains the encyclopedic standard for documenting the science behind the lifestyle medicine movement. In his new series of books, Dr Rippe is taking up the lifestyle medicine intervention pillars, the core foundation of the lifestyle medicine approach, and practically applying them in consumable chunks and useable formats. *Increasing Physical Activity: A Practical Guide* is the first in this series.

This 200-page handbook follows Dr Rippe's well-honed style of starting with the science, working through the details, then moving that to clinically relevant practices. Each chapter begins with a Key Points summary and ends with Conclusions and Clinical Applications. As is typical of all of Dr Rippe's books, the references are comprehensive and valuable in and of themselves for anyone wishing to build on the lifestyle medicine evidence base.

The 15 chapters in this practical guide include 2 introductory chapters,

followed by 6 chapters that focus on the value of physical activity with specific disease processes (cardiovascular, cancer, diabetes/metabolic, obesity, cognition, and other chronic diseases), and 3 chapters that apply physical activity to specific populations (women, youth, and the elderly). My favorite part, however, is the last 4 chapters, which focus on how physicians and other health care providers practically apply their knowledge of physical activity to their individual patients, their communities, and their own lives. This includes reviewing specific skills such as writing an exercise prescription and moving a patient away from sedentary behavior.

Increasing Physical Activity: A Practical Guide is a wonderful tool for any clinician's resource box, or any academic's library. I am confident that it will become both a usable resource and a referenceable standard for those applying physical activity to patient care.

Author's Note

While Dr James M. Rippe is the editor of the third edition of *Lifestyle Medicine* and the editor of the *American Journal of Lifestyle Medicine*, he had no influence over the book reviewer and played no editorial role whatsoever in the book review. **AJLM**

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