

INTRODUCTION

Physical activity contributes to the prevention and management of a wide range of chronic diseases

(Rippe & Angelopoulos, 2010)

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Popularity of "start to" programs increases worldwide

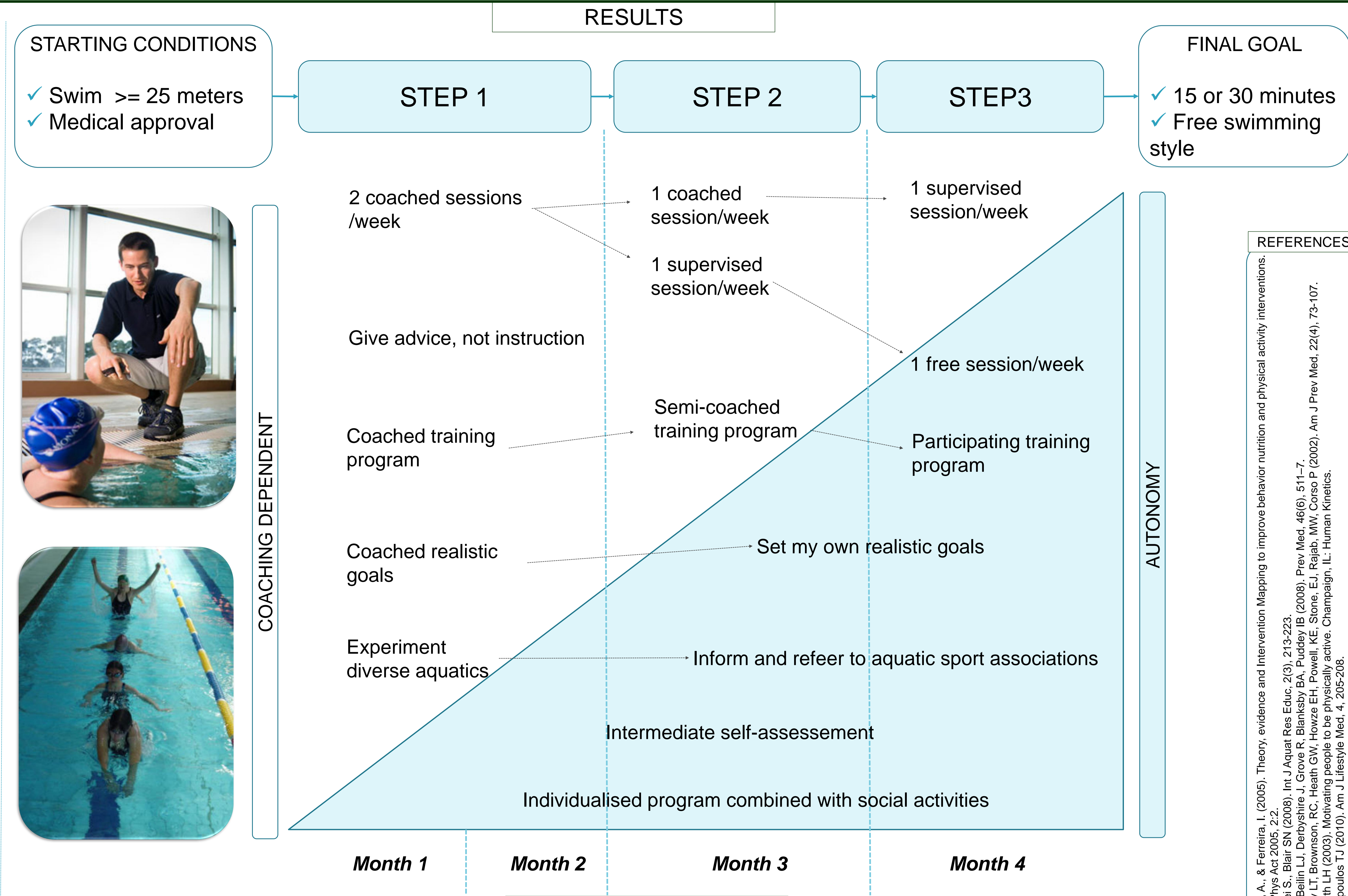
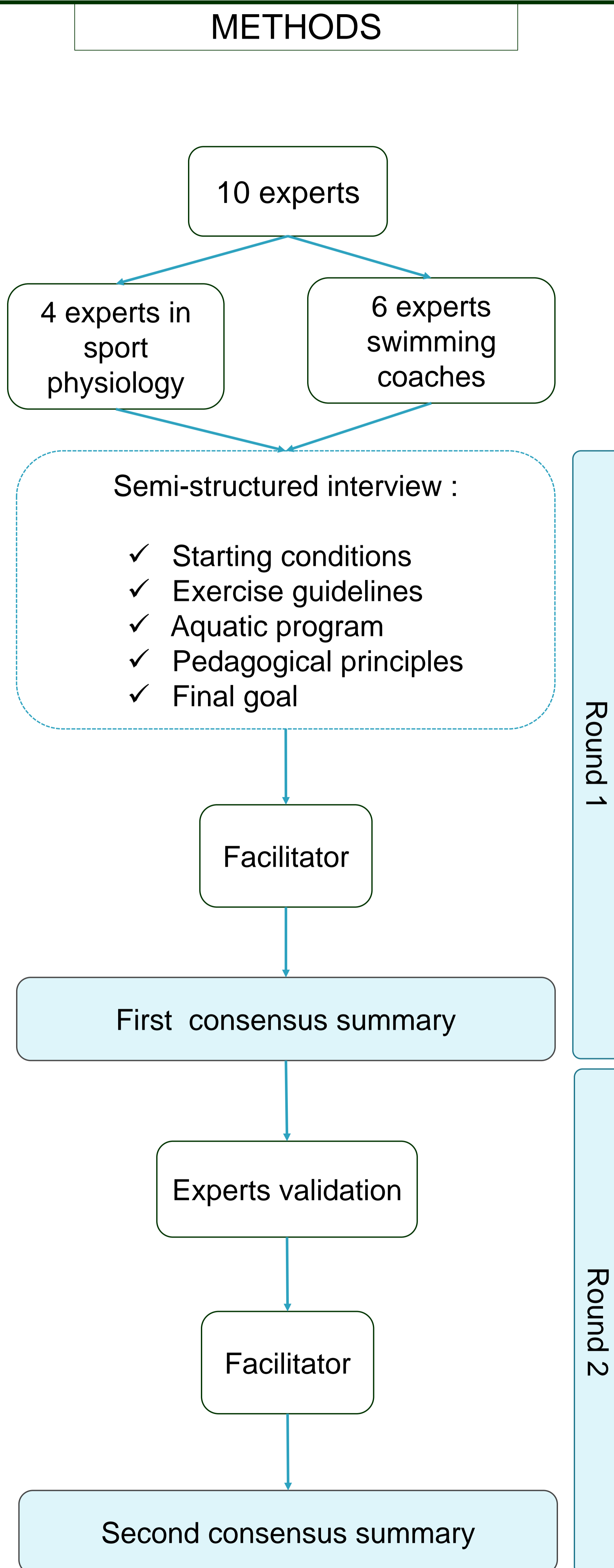
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Start to swim programs could lead to even more health-enhancing outcomes

(Chase et al., 2010)

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Step-by-step scientific validation of these experiments is required



- ✓ The start to swim program take into consideration behavioural and social aspects necessary for a successful adoption and maintenance of physical activity (Khan et al, 2002)
- ✓ A group-based program (Cox et al., 2008) with individually adapted-goals (Marcus and Forsyth, 2003) could lead to a long-term adherence to exercise
- ✓ Future studies should include systematic evaluation of the "start to swim" program before implementation and dissemination (Brug, Oenema and Ferreira, 2005)

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