

## Attachment G: Selected Readings

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- Sebire, S., Standage, M., & Vansteenkiste, M. (2011). Predicting objectively assessed physical activity from the content and regulation of exercise goals: Evidence for a mediational model. *Journal of Sport & Exercise Psychology*, 33, 175-197.
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- Segar, M. L., Updegraff, J. A., Zikmund-Fisher, B. J. & Richardson, C. R. (2012). Physical activity advertisements that feature daily well-being improve autonomy and body image in overweight women but not men. *Journal of Obesity*, 354721.
- Teixeira, P. J., Carraça, E. V., Markland, D. A., Silva, M. N., & Ryan, R. M. (2012). Exercise, physical activity, and self-determination theory: A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*, 78(9), 1-30. [doi:10.1186/1479-5868-9-78](https://doi.org/10.1186/1479-5868-9-78)
- Teixeira, P. J., Silva, M. S., Mata, J., Palmeira, A. L., & Markland, D. A. (2012). Motivation, self-determination, and long-term weight control. *International Journal of Behavioral Nutrition and Physical Activity*, 9, 1-13.