

Title of Intervention	Heart and Soul Physical Activity Program (HSPAP)	
Intervention Strategies	Group education and Supportive Relationships	
Purpose	Increase moderate-intensity physical activity and social support in otherwise sedentary midlife women.	
Populations	Midlife Women in Rural communities	
Settings	Church-based	
Partners	Not mentioned	
Intervention Description	A 12 week program consisting of weekly meetings and a program booklet. "The HSPAP booklet is interactive, as participants could document their thoughts, challenges, and successes related to physical activity (PA). Participants received an individualized PA plan, a personal copy of a walking video, an audiotape, a pedometer, assistance in identifying physical activities and resources, and social support from the leader and group members. In the group meetings, time was spent in sharing PA goals, challenges, and successes; receiving helpful information to promote PA; and participating in a variety of 15-minute group PAs."	
Theory	Social comparison theory	
Resources required	Staff/Volunteers:	Not mentioned
	Training:	Not mentioned
	Technology:	Not mentioned
	Space:	Classroom
	Budget:	Not mentioned
	Intervention:	Heart and Soul Booklet
	Evaluation:	Interpersonal Support Evaluation List, Arizona Social Support Interview Schedule for Physical Activity, 7 Day Activity Recall, Rockport Walk Test.
Evaluation	Design:	This study was a community-based clinical trial with a repeated measures nested experimental design
	Methods and Measures:	Participants were women 35-65 years old from 4 participating churches in 2 rural communities. The intervention community received the 12 week Heart and Soul Program and booklet. The control community received the American Heart Association pamphlet "Exercise and your Heart" plus 1 hour of instruction. Measures were taken at baseline, 6 weeks, and 12 weeks. Measures included: time spent in PA, energy expenditure (EE), and cardiorespiratory (CR) fitness.
Outcomes	Short term impact:	Though no statistically significant results were found medium effect sizes point to effectiveness of the HSPAP program in increasing moderate-intensity physical activity and Energy Expenditure (EE). HSPAP program also increased perceived appraisal and esteem support and the number of supporters of physical activity.

	Long term impact:	Not mentioned
Maintenance	Not mentioned	
Lessons Learned	Not mentioned	
Citation(s)	Peterson, Jane Anthony, Yates, Bernice C., Atwood, Jan R, and Hertzog, Melody. (2005). Effects of a Physical Activity Intervention for Women. Western Journal of Nursing Research, 2005, 27(1), 93-110.	
	Peterson, Jane Anthony, Yates, Bernice C., and Hertzog, Melody. (2008) Heart and Soul Physical Activity Program: Social Support Outcome. American Journal of Health Behavior. 32(5): 525-537.	