Figure 2 Theoretical framework of the health promotion intervention targeting physical activity and healthy eating

- **Intervention**
  - health promotion intervention targeting physical activity and healthy eating

- **Mediating variables**
  - **Self-regulatory**
    - Knowledge
    - Skills
    - Self-efficacy
  - **Behavior specific**
    - Knowledge
    - Skills
    - Self-efficacy
  - **Motivation**
    - Internal
    - External

- **Outcomes**
  - **BEHAVIORAL**
    - Increased levels of:
      - Physical activity
      - Healthy eating behavior
  - **PHYSIOLOGICAL**
    - Healthy body weight
    - Decreased coronary heart disease and diabetes mellitus risk