Figure 1. Transdisciplinary framework for exercise behavior.

- Differential acute physiological response to exercise:
  - Body temperature
  - Stress response (catecholamines, cortisol)
  - Heart rate
  - Lactate response

- Genetic factors

- Motivation to Exercise:
  - Attitudes towards exercise self-efficacy
  - Intentions to exercise
  - Intrinsic/extrinsic motivation
  - Expectancies, goals
  - Self-concept

- Subjective experience of exercise:
  - Perceived exertion
  - Changes in affect
  - Changes in arousal
  - Pain

- Exercise Behavior