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Exercise, physical activity, and fitness are distinct but interrelated concepts (Caspersen et al. 1985). Physical activity is any bodily movement produced by skeletal muscle, while exercise is planned and repeated physical activity that is structured into individuals' lives with the purpose of maintaining or improving some attribute of either health or skill (i.e., fitness).

Albert Bandura's (1986, 2001) social cognitive theory (SCT) represents one of the most studied theories in the field of psychology, with applications in contexts as diverse as education, healthcare, rehabilitation, the legal system, business, and indeed sport and exercise. It is positioned as a theory of human behavior with integrative principles of broad applicability (Bandura, 1998).

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This theory is basically a mix between the social learning theory and Marten's schematic view. Marten's schematics view says there are three different levels that relate to each other: the physiological core, typical responses, and role-related behavior.

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Affective-Reflective Theory (ART) of physical inactivity and exercise (Brand and Ekkekakis, 2018) is a dual-process theory, which assumes that stimuli (e.g., a friend's reminder that you intended to go for a run, or remembering that you had planned to go for a run) trigger automatic associations and a resulting automatic affective valuation of exercise (type-1 process).

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