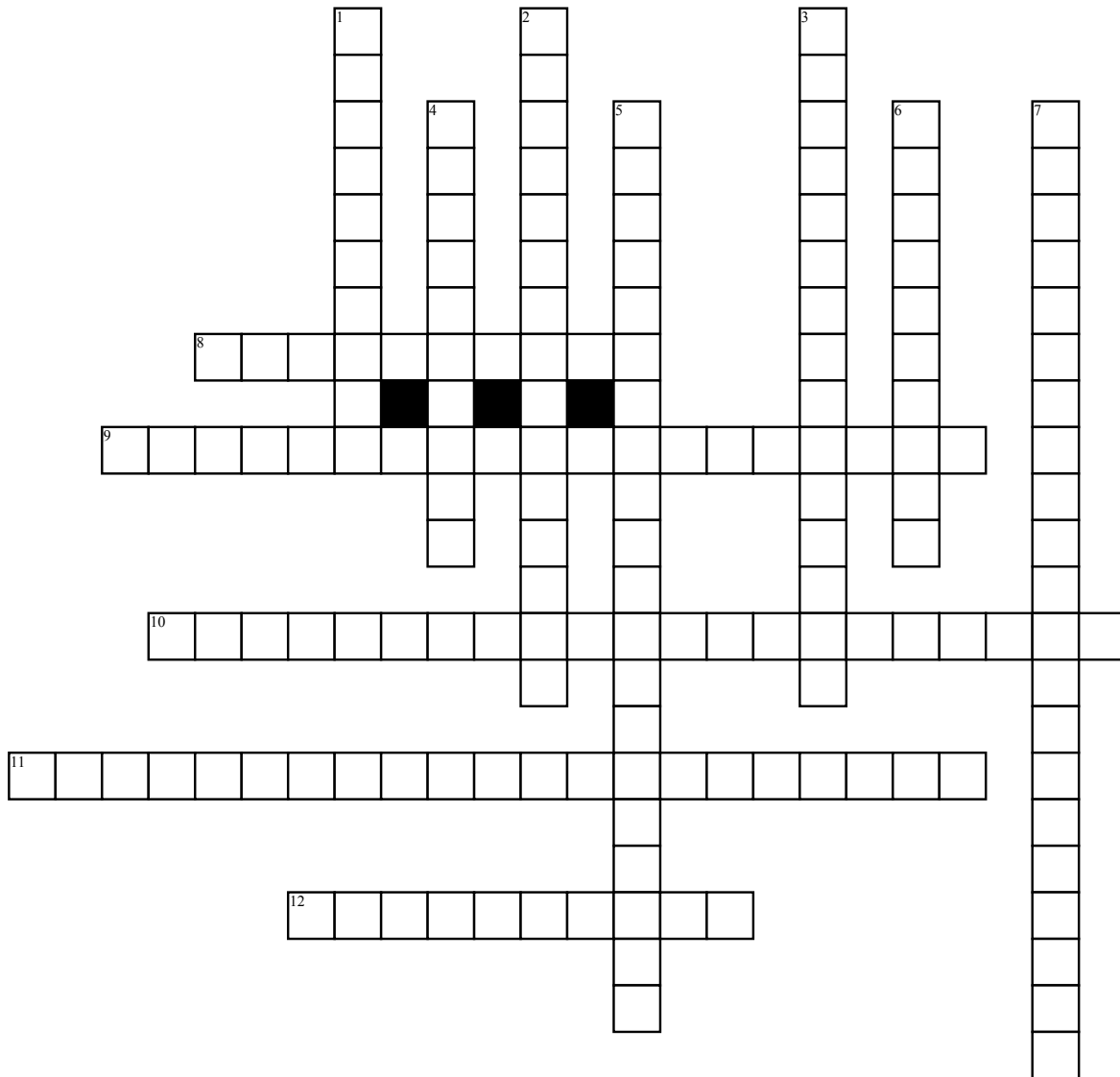


# Stimulus Response Theory



**Across**

- 8. No strength/fitness gains
- 9. Tangible rewards or awards that come from others
- 10. Any intrinsic or extrinsic reward that increases the likelihood of a person exercising in the future
- 11. Unpleasant or aversive stimuli that, when withdrawn after a behavior, will increase the frequency of that behavior

- 12. Presenting an unpleasant or uncomfortable stimulus after a behavior in order to decrease the probability of behavior in future

**Down**

- 1. Withdrawal of a reinforcing stimulus after a behavior, decreasing the likelihood of that behavior happening in the future
- 2. Earns points for free gear when coming to the gym

- 3. Sense of accomplishment; feeling of well-being
- 4. weight plateau
- 5. Rewards that come from self
- 6. Experiencing knee pain after running
- 7. Participating in physical activity relieves pain associated with arthritis