

Table 1) Correlation coefficient between the variables (p<0.01)

Variable	1	2	3	4
1. Self-esteem	1			
2. Body image concern	-0.502	1		
3. Body appreciation	0.458	-0.565	1	
4. Physical activity	0.442	-0.373	0.532	1

Table 2) Results of multivariate regression analysis to predict physical activity variable (R=0.577)

Predictive variables	B	β	t	P
Self-esteem	0.527	0.246	1.71	0.093
Body image concern	-0.005	-0.170	-0.107	0.916
Body appreciation	0.141	0.410	2.726	0.009