

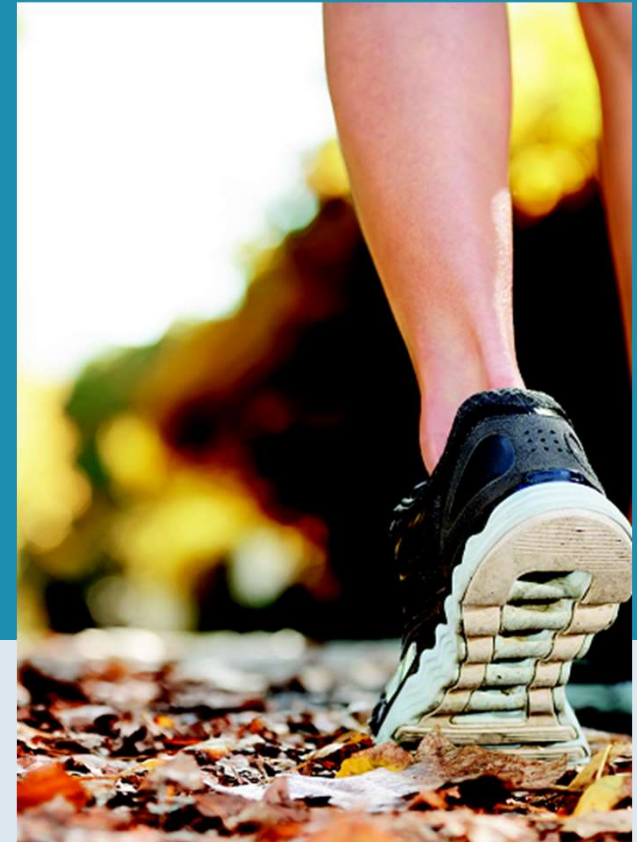
Move More Sit Less

Why and How?

PART 1

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In this presentation, you will learn...

- ***Why physical activity and sedentary behavior (i.e., too much sitting) are important behaviours for your health.***
- *How much physical activity is needed to boost your health.*
- *How can we change our lifestyle?*

Why physical activity and sedentary behavior (i.e., too much sitting) are important behaviours for your health.

Driver



***How London
transport workers
changed the world
of physical activity***

Conductor



CORONARY HEART-DISEASE AND PHYSICAL ACTIVITY OF WORK

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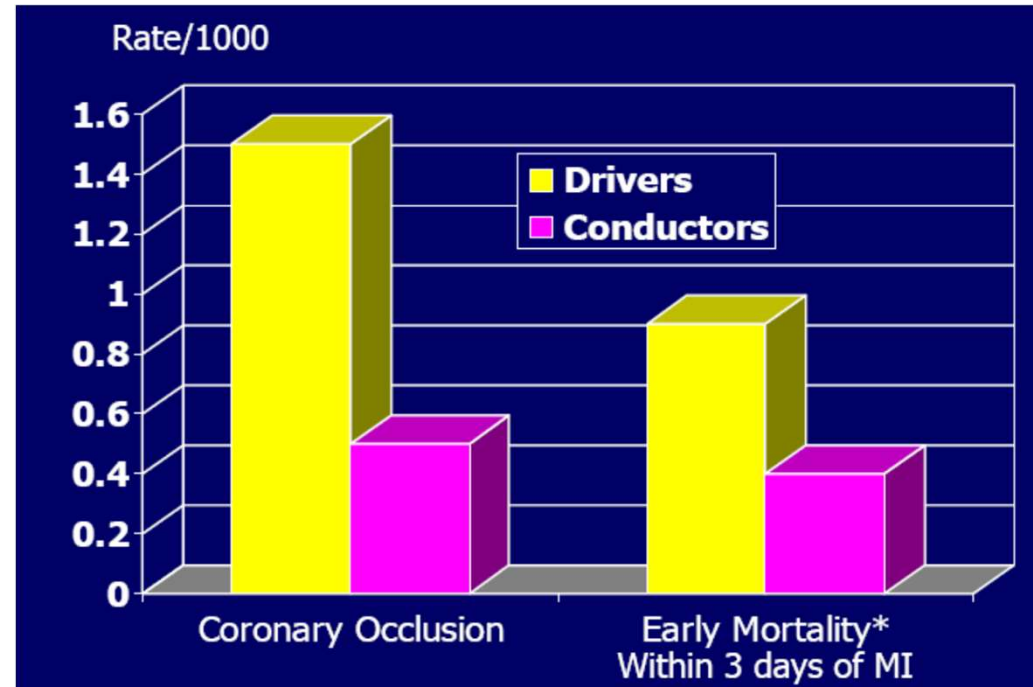
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MOVEMENT
PILLS

Dose: 19 14 4 29

MOVEMENT PILLS

Do you know there is a pill that
can reduce the risk of developing
major medical conditions and
improve your quality of life?

Recommended dosage:
7 DAYS PER WEEK / 365 DAYS A YEAR



NOW
WE MOVE



Health Benefits of Physical Activity for Adults



IMMEDIATE

A single bout of moderate-to-vigorous physical activity provides immediate benefits for your health.

LONG-TERM

Regular physical activity provides important health benefits for chronic disease prevention.



Sleep

Improves sleep quality



Brain Health

Reduces risks of developing dementia (including Alzheimer's disease) and reduces risk of depression



Less Anxiety

Reduces feelings of anxiety



Heart Health

Lowers risk of heart disease, stroke, and type 2 diabetes



Blood Pressure

Reduces blood pressure



Cancer Prevention

Lowers risk of eight cancers: bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach



Healthy Weight

Reduces risk of weight gain



Bone Strength

Improves bone health



Balance and Coordination

Reduces risks of falls



Emerging research suggests physical activity may also help boost immune function.

Nieman, "The Compelling Link," 201-217.
Jones, "Exercise, Immunity, and Illness," 317-344.



Source: Physical Activity Guidelines for Americans, 2nd edition

To learn more, visit: <https://www.cdc.gov/physicalactivity/basics/adults/health-benefits-of-physical-activity-for-adults.html>

August 2020

The Population Health and Economic Benefits of Physical Activity



Increase the life expectancy of people who are insufficiently active by **7.5 months**



Increase average life expectancy by **2 months**



Prevent over **10 000 premature deaths** per year



Save **EUR PPP 14 per capita** in healthcare expenditure – a total of **EUR PPP 8 billion** per year



Reduce **total health expenditure** by **0.6%**



Avoid **11.5 million** cases of **non-communicable diseases** over the next three decades, including:



3.5 million cases of **depression**



3.8 million cases of **cardiovascular disease**



400 000 cases of **cancer**



Step Up! Tackling the Burden of Insufficient Physical Activity in Europe

