

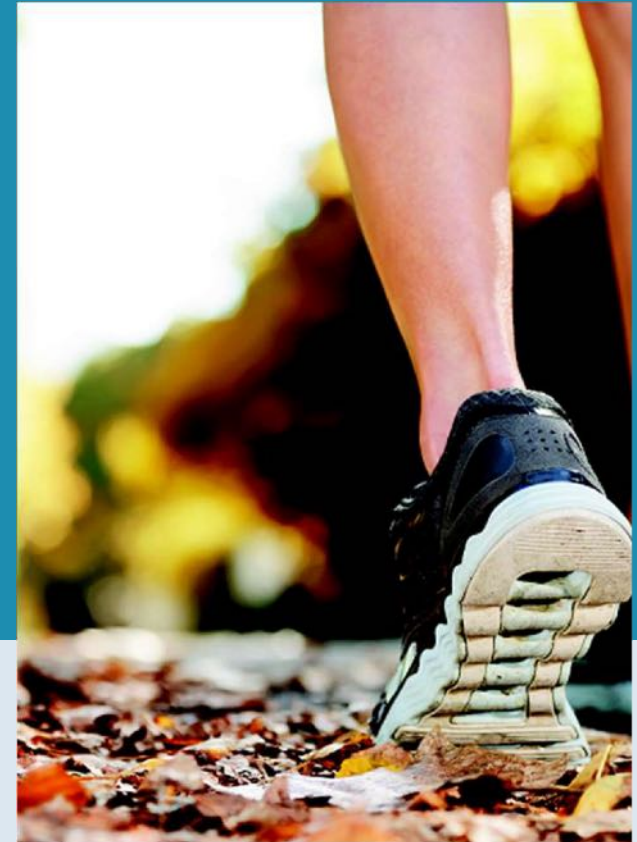
Move More Sit Less

Why and How?

PART 2

Prof. dr. Jan Seghers
Department of Movement Sciences - KU Leuven

Jan.Seghers@kuleuven.be



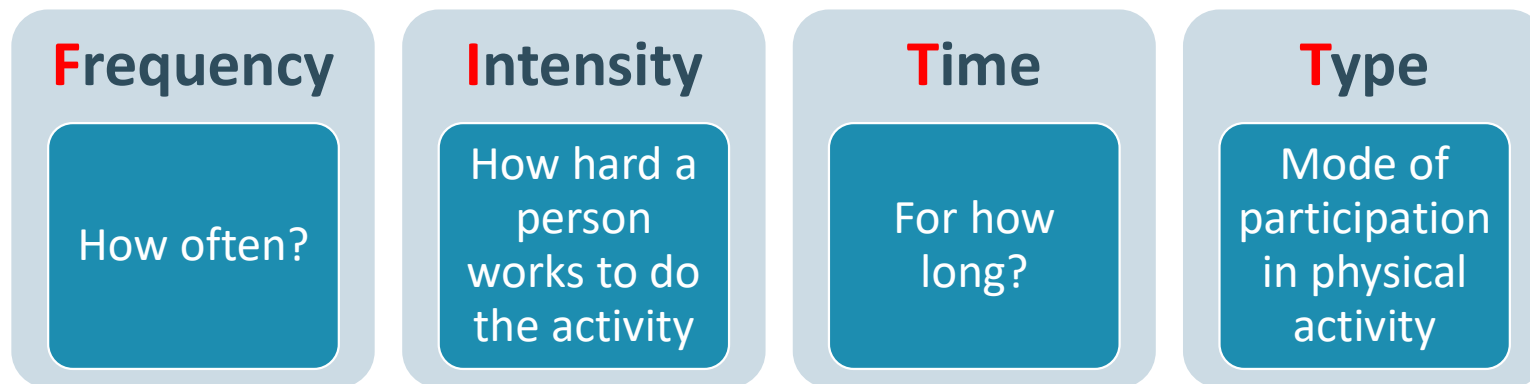
In this presentation, you will learn...

- *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?*

How much physical activity is needed to boost your health?

Physical Activity recommendation

Physical activity behaviour can be described based on multiple dimensions, according to the FITT principle.



WHO GUIDELINES ON PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR



 World Health
Organization

Recommendations	24
‣ Children and adolescents (aged 5–17 years)	25
<i>Physical activity recommendation</i>	25
<i>Sedentary behaviour recommendation</i>	29
‣ Adults (aged 18–64 years)	32
<i>Physical activity recommendation</i>	32
<i>Sedentary behaviour recommendation</i>	38
‣ Older adults (aged 65 years and older)	43
<i>Physical activity recommendation</i>	43
<i>Sedentary behaviour recommendation</i>	46
‣ Pregnant and postpartum women	47
<i>Physical activity recommendation</i>	47
<i>Sedentary behaviour recommendation</i>	51
‣ Adults and older adults with chronic conditions (aged 18 years and older)	52
<i>Physical activity recommendation</i>	52
<i>Sedentary behaviour recommendation</i>	58
‣ Children and adolescents (aged 5–17 years) and adults (aged 18 years and over) living with disability	60
<i>Physical activity recommendation</i>	60
<i>Sedentary behaviour recommendation</i>	64

**November
2020**

HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

FOR ADULTS AND OLDER ADULTS

MINUTES PER WEEK

75

Vigorous Intensity

a combina

More is better and provides additional health benefits



aerobic and muscle-strengthening physical activity

FOR CHILDREN

FOR OLDER ADULTS with poor mobility

PERFORM PHYSICAL ACTIVITY

to enhance balance and prevent falls on

3 or more days per week



EVERYONE

PERFORM MUSCLE-STRENGTHENING ACTIVITIES

Involving major muscle groups, on

2 or more days a week

Start small and increase gradually



What is moderate and vigorous intensity?

 The talk test is a simple way to measure relative intensity.

Moderate (3.0-6.0 METs)

“If you’re doing moderate-intensity activity, you can talk but not sing during the activity.”

- Walking very brisk (> 5 km/h)
- Cycling light effort (<20 km/h)
- Badminton recreational
- Tennis doubles
- Mowing lawn (power mower)
- Cleaning heavy (washing windows, vacuuming, mopping)

150
min/week

Vigorous (>6.0 METS)

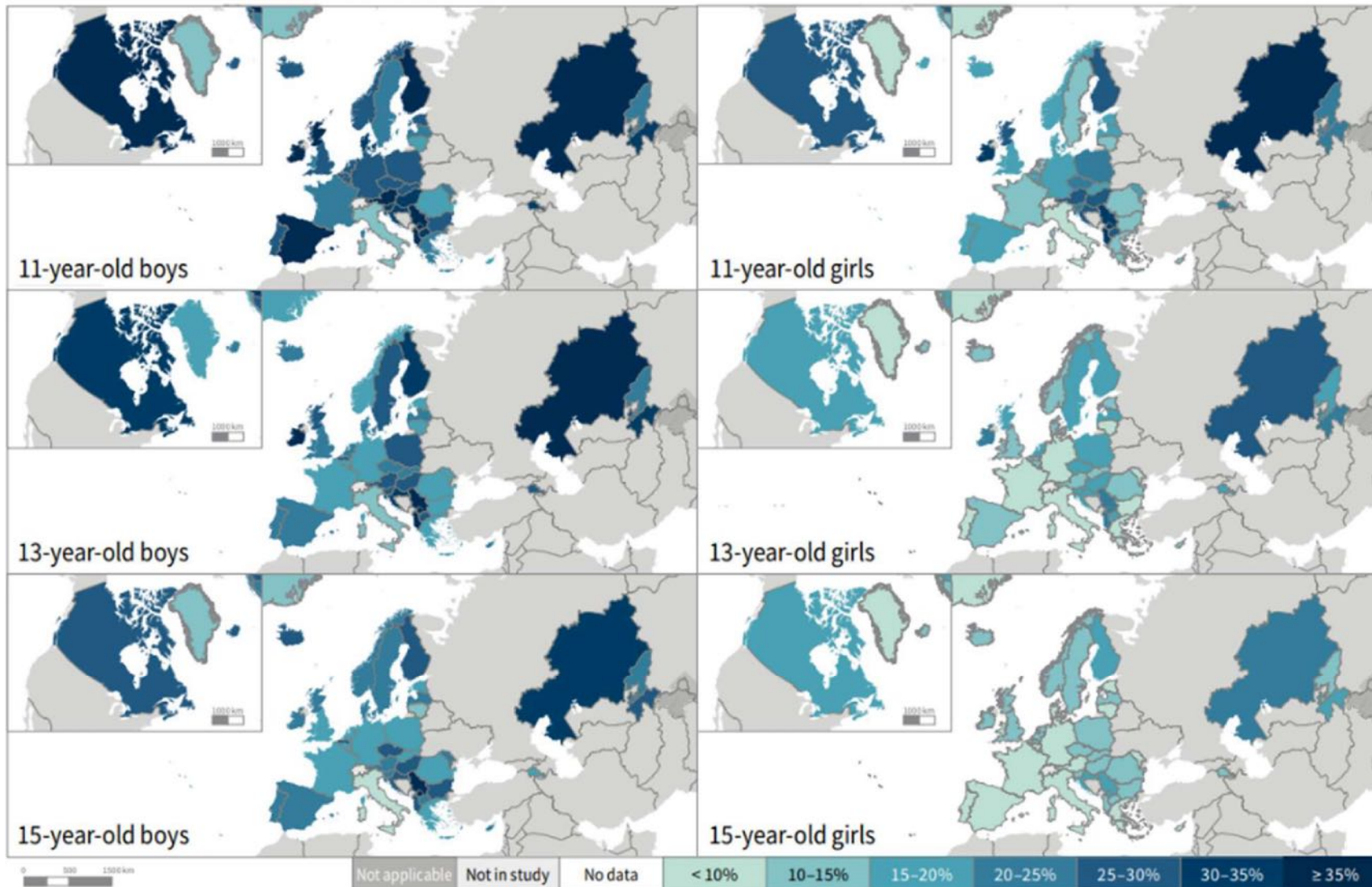
“If you’re doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.”

- Hiking uphill
- Jogging at >10 km/h
- Carrying heavy loads
- Cycling uphill or fast (>22 km/h)
- Basketball game
- Soccer game
- Tennis singles

75
min/week

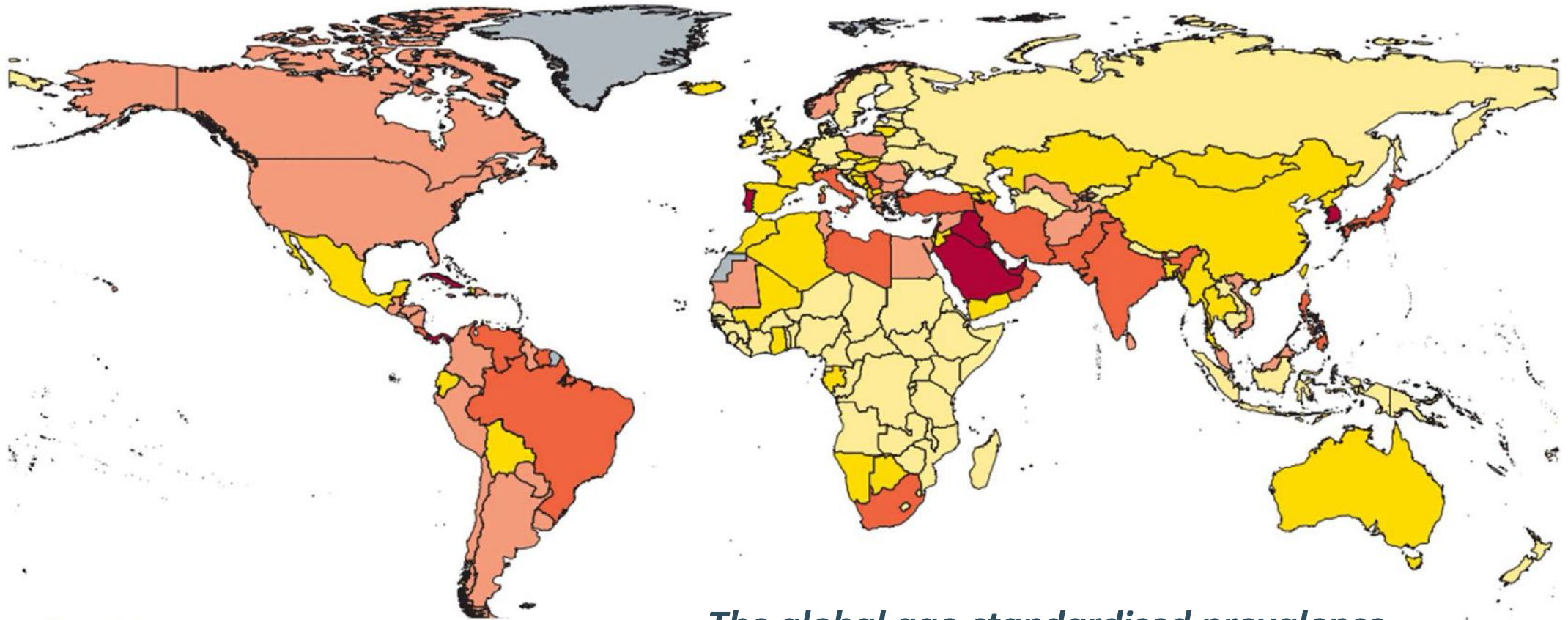
*METs = METABOLIC EQUIVALENTS = is a way to measure your body's expenditure of energy
1 MET is defined as the energy it takes to sit quietly*

How physically (in)active is the world?



*The proportion of children and adolescents across countries and regions reporting daily 60 minutes of MVPA is **very low** (25% for boys and 15% for girls)*

Age-standardised prevalence of insufficient physical activity among adults aged 18 years and over in 2022

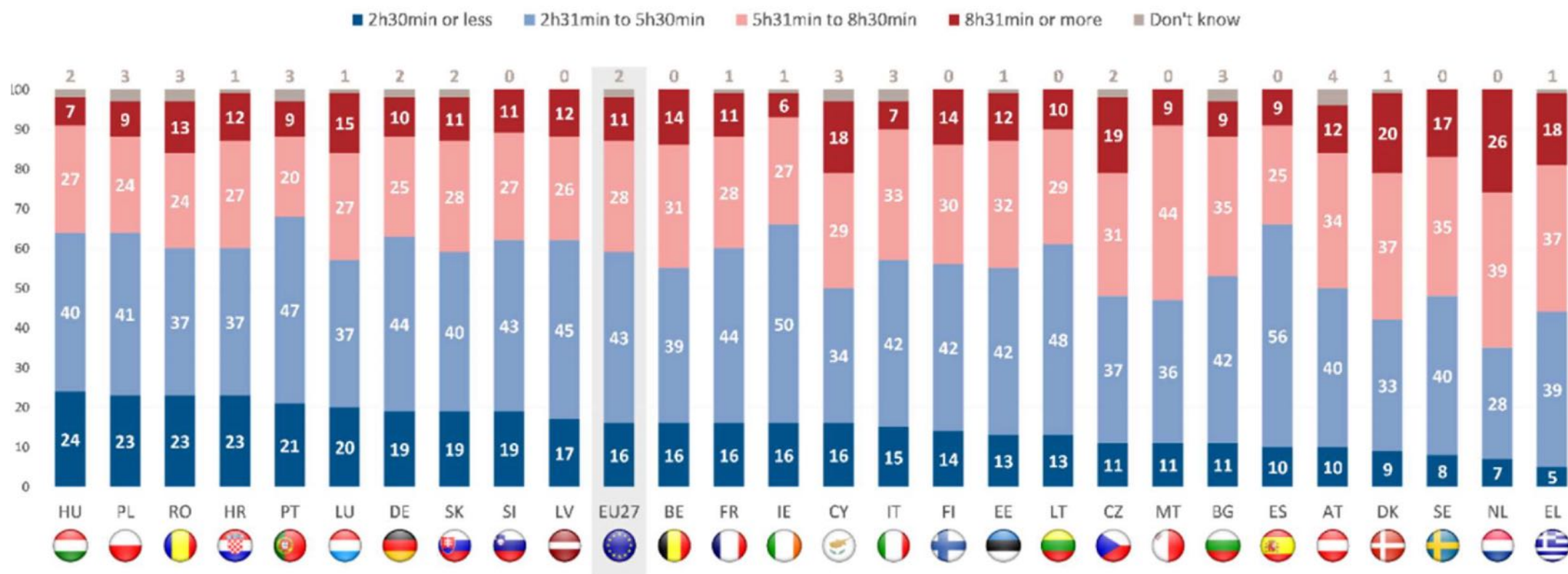


Prevalence (%)
<20.0 20.0-29.9 30.0-39.9 40.0-49.9
≥50.0 No prediction made

The global age-standardised prevalence of insufficient physical activity was 31,3%

European Sitting Championship

Three in ten (28%) sit for between 5 hours 31 minutes and 8 hours 30 minutes



Base: All Respondents (N=26,578)

European Sitting Championship

Office workers spend >75% of their workday sitting down



Sitting is the New Smoking- Even for Runners

There's no running away from it: The more you sit, the poorer your health and the earlier you may die, no matter how fit you are.

By Selene Yeager; Image by Nick Ferrari
Published July 20, 2013



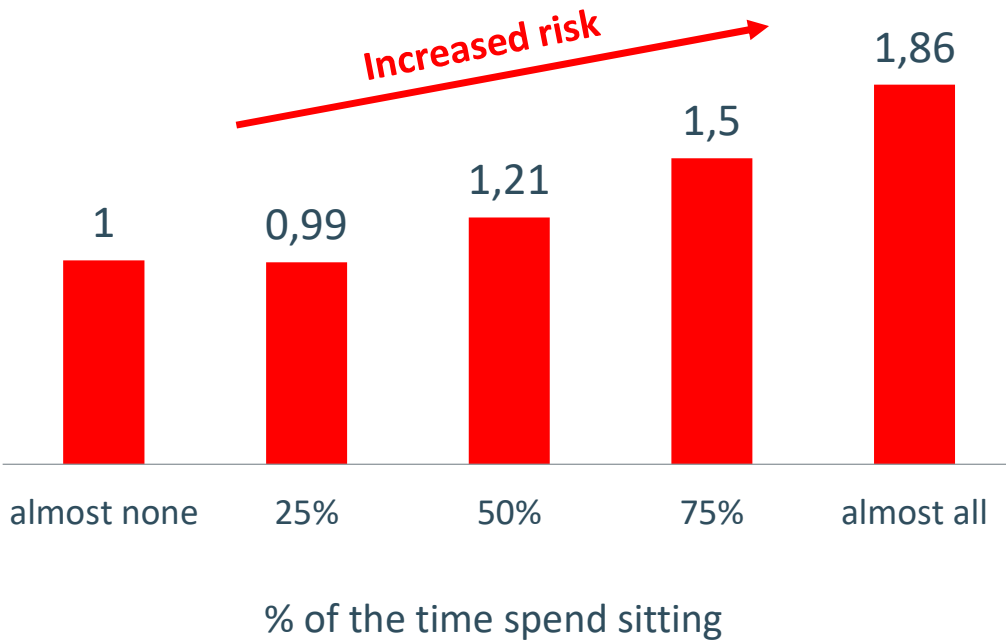
You've no doubt heard the news by now: A car-commuting, desk-bound, TV-watching lifestyle can be harmful to your health. All the time we spend parked behind a steering wheel, slumped over a keyboard, or kicked back in

Are you an active couch potato?

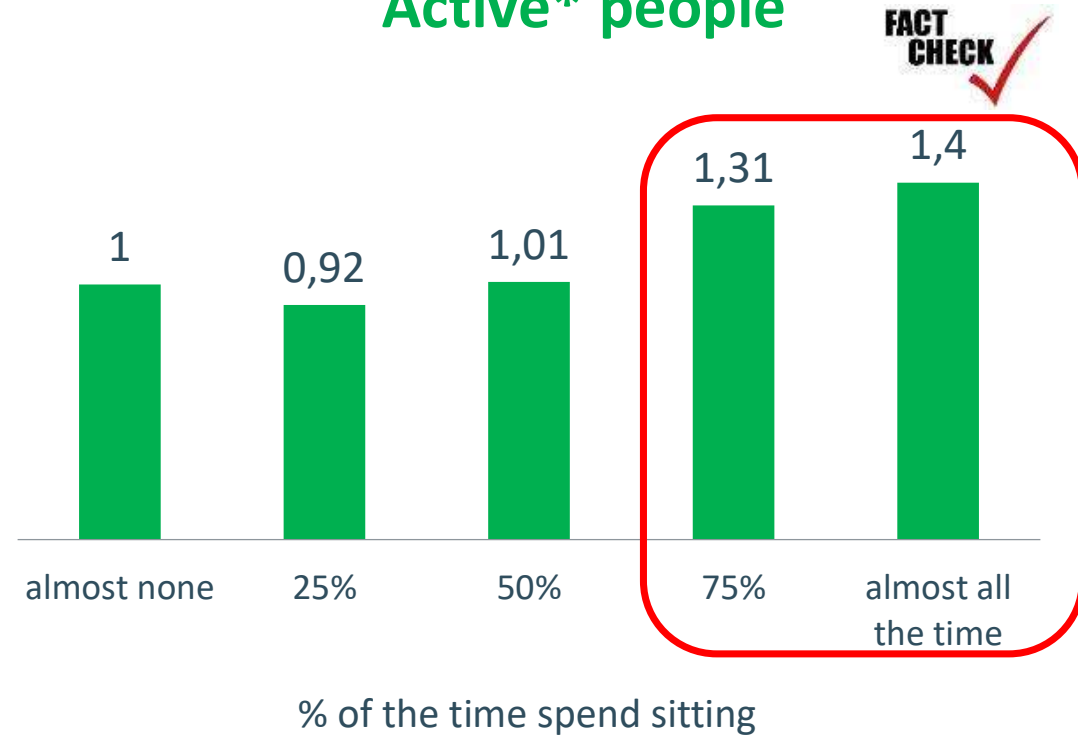
*“Did you know that **prolonged sitting** is bad for your health, even if you work out 2-3 hours per week?”*

Risk of all-cause mortality associated with daily sitting time in 17,013 men and women from the Canada fitness survey

Inactive people



Active* people



**Active defined as moderate activity for 30 min-5 days/week*

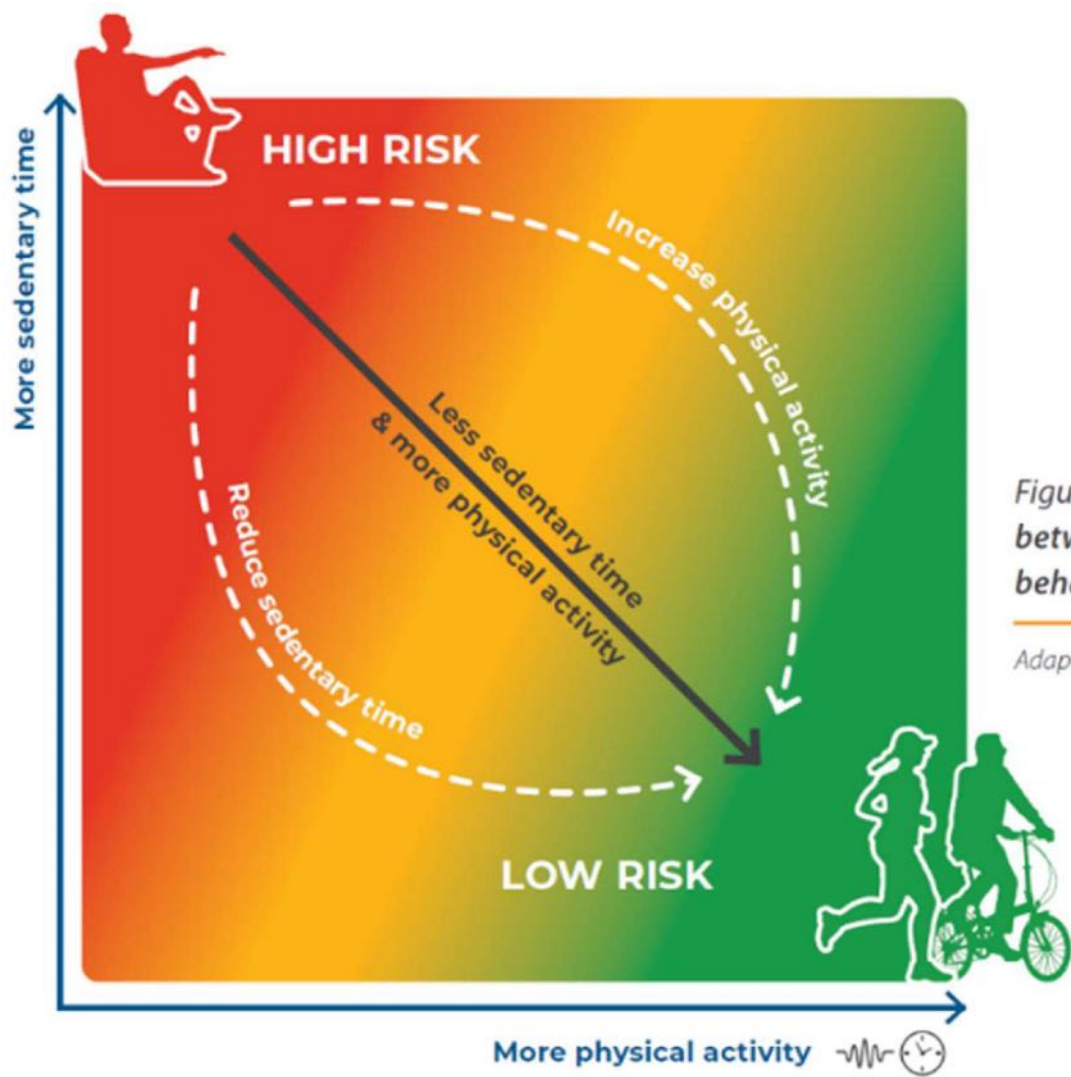


Figure 2: The relationship between levels of sedentary behaviour and physical activity

Adapted from PAGAC