

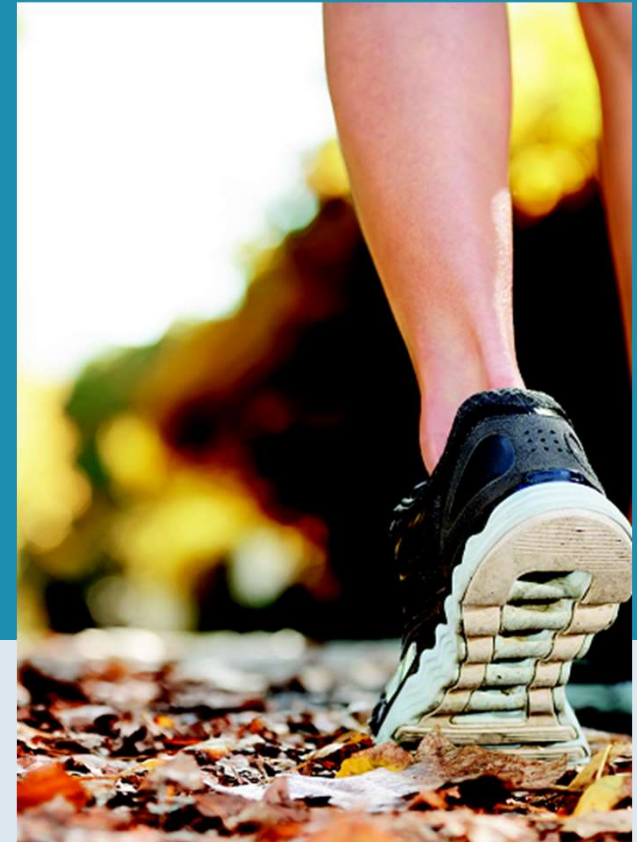
Move More Sit Less

Why and How?

PART 3

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In this presentation, you will learn...

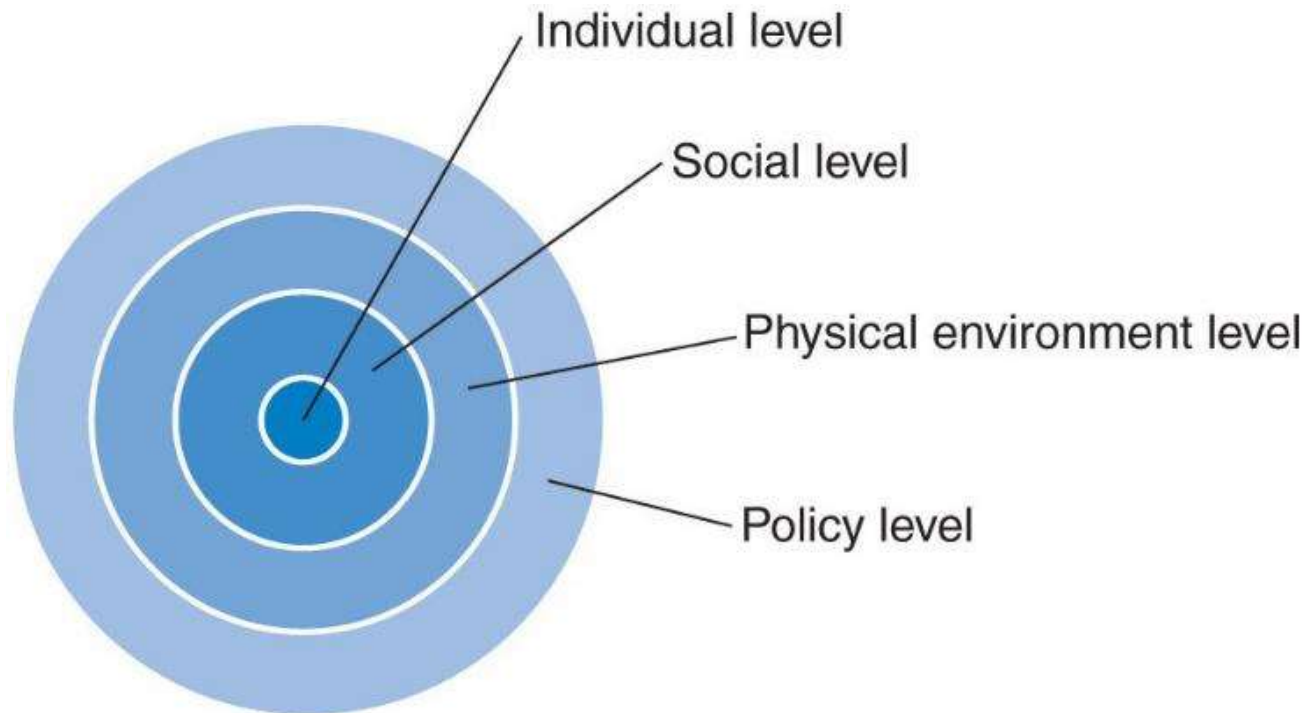
- *Why physical activity and sedentary behavior (i.e., too much sitting) are important behaviours for your health.*
- *How much physical activity is needed to boost your health.*
- **How can we change our lifestyle?**

*Why are some people
physically active and others not?*

How can we change our lifestyle?

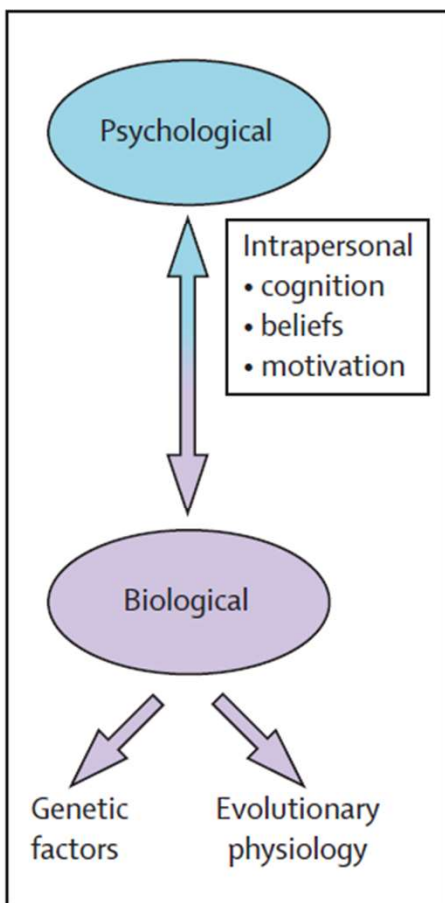
Behaviour change

Socio ecological model of the determinants of physical activity

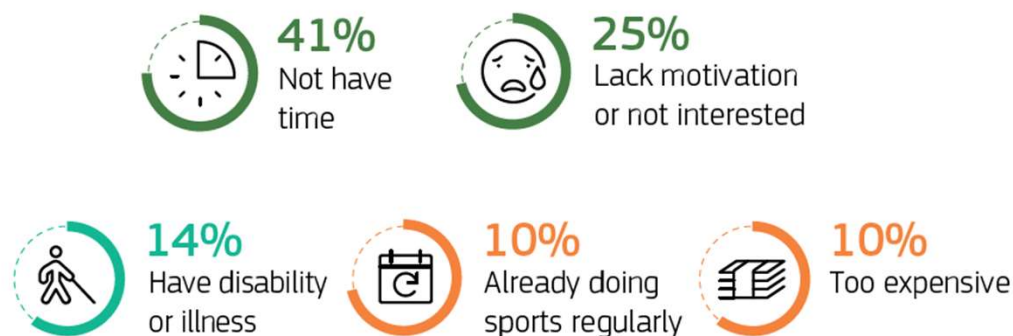


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Individual



Top 5 main reasons currently preventing you from practising sport more regularly



Source : Special Eurobarometer 525 "Sport and Physical Activity" April-May 2022 - Percentages shown are at EU27 level

← Early life exposures

Childhood

Adolescent

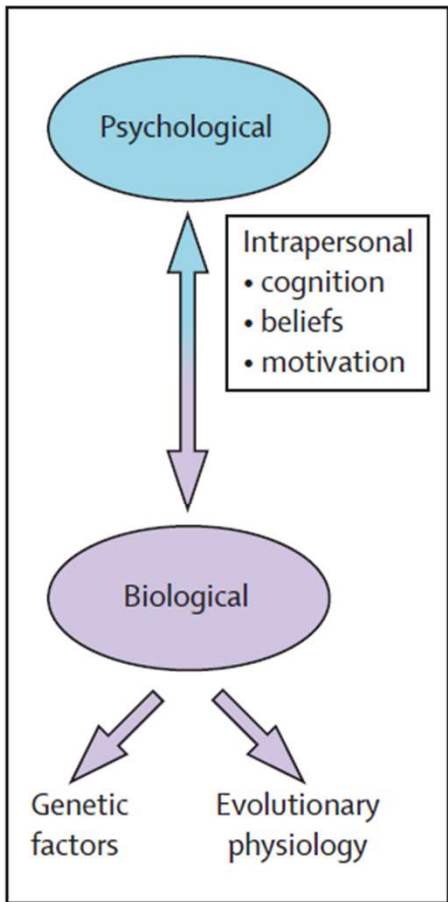
Young adult

Middle aged

Older adult →

Lifecourse

Individual



Intention – Behaviour gap



Goal setting

My physical activity plan

What?
Where?
When?

Barriers
(1) ...
(2) ...

Solutions/Strategy
(1) ...
(2) ...

Action Plan

Coping Plan

Early life exposures

Childhood

Adolescent

Young adult

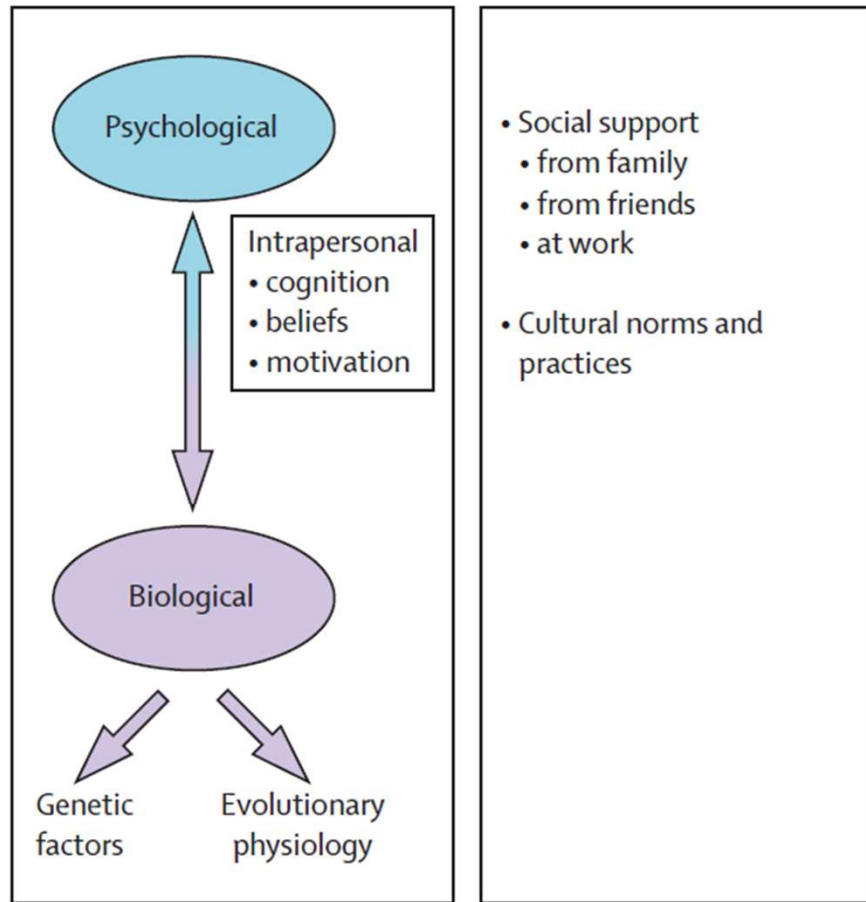
Middle aged

Older adult

Lifecourse

Individual

Interpersonal



← Early life exposures

Childhood

Adolescent

Young adult

Middle aged

Older adult →

Lifecourse

Individual

Interpersonal

Environment



Psychological

Intrapersonal
• cognition
• beliefs
• motivation

Biological

Genetic factors

Evolutionary physiology

- Social support
 - from family
 - from friends
 - at work
- Cultural norms and practices

- Social environment
 - Seeing others active (behavioural modelling)
 - Crime, traffic, incivilities
 - Organisational practices
- Built environment
 - Community design
 - Neighbourhood walkability
 - Public transport
 - Parks and recreation facilities
 - Aesthetics and pleasantness
 - Walking and cycling facilities
 - Building location and design
 - Pedestrian safety; crossings
- Natural environment
 - Vegetation, topography, weather
 - National parks, trails, walking routes

Early life exposures

Childhood

Adolescent

Young adult

Middle aged

Older adult

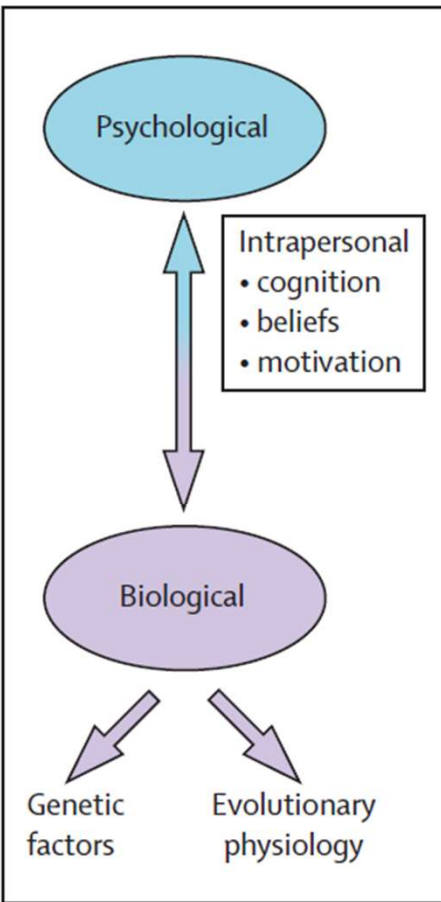
Lifecourse

Individual

Interpersonal

Environment

Regional or national policy



- Social support
 - from family
 - from friends
 - at work
- Cultural norms and practices

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- Transport systems
- Urban planning and architecture
- Parks and recreation sector
- Health sector
- Education and schools sector
- Organised sport sector
- National physical activity plans
- National physical activity advocacy
- Corporate sector



<https://iris.who.int/handle/10665/379360>



Thank you and don't forget to *Move More Sit Less*

