Integrating Physical Activity and Exercise in Daily Living
American College of Sports Medicine

• Physical activity’s significant role in delaying premature mortality and reducing the risks of many chronic diseases and health conditions.

• Dose-response relationship between physical activity and health. Thus, any amount of physical activity should be encouraged.

• Additional health benefits from greater amounts of physical activity

• Benefits of regular, habitual physical activity outweigh the risks
The Types of Physical Activity

- Exercise
- Leisure
- Dance
- Sports and Games
- Lifestyle
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Daily Routine Features

• Time-constrained
  – Office time is precious time; no “goofing off”
  – Prescribed breaks: snack-time (2) and Lunch

• Environmental Restrictions
  – Work space
  – Demeanor
  – Clothing

• Nature of Work

• Production Requirements
Time Constraints

• Weekends or days off (Lawrence Cheskin, MD, Internal Medicine, answered on behalf of Johns Hopkins Medicine)

• Find 30 min each day – TV show vs. exercise; going to bed early to get up early (Jonathan Penney, Fitness, answered on behalf of National Academy of Sports Medicine and Michael Raemisch, MD, Orthopedic Surgery, answered on behalf of Intermountain Healthcare)
Time Constraints

- Lunch time workouts, stair-climbing/hallway-walking; group exercise taking turns as leader Shayne Adair, NASM Elite Trainer, Fitness
- Short bursts of activity in lull gaps American Diabetes Association
- Active breaks; active commute to work; establishing peer support; desktop gyms
Exercise vs. Physical Activity

• Body positions while working – standing while on the phone, fidgeting while seated; power walks, in-place exercises, setting walking targets Mel Mueller - Sharecare Fitness Expert

• Spotting/creating opportunities for physical activity – parking farthest from destination, stairs vs. elevators/escalators; house-walking/cleaning
Personal Circumstances

• Taking care of children –
  – Use children/babies as fragile resistance in doing smooth but wide ranges of motion

• Precious cargo – needs efficient activation of the core-muscles

• Restricted work/work areas
  – Calisthenics in place
  – Desktop gyms
  – Physical activity breaks
Important Considerations

• Encourage self-selection of frequency and time of physical activity participation
• Consider the effect of exercise experience to intensity preference.
• Consider as well the interplay among the individual (emotions, cognition, beliefs), behaviour, and environment.
I can walk

Keep yourself moving at work
LET'S GET MOVING!
References


It does not matter how slowly you go as long as you do not stop.

Confucius