(Wrong) representations of physical activity, from definition to recommendations

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Two questions:
• Are you ready to be a PA promotor?
• What are the wrong representations of the people about PA?

Introduction

Physical activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure

PA is not only sport !!!

PA has a positive effect on ...
• Body modifications
  - Cardiovascular system (heart rate ...)
  - Respiratory system (breath characteristics ...)
  - Muscular system (strength, flexibility ...)

PA has a positive effect on ...
• Health (physical and mental) and disease
  - Mortality rate
  - Cardiovascular disease, cancer, diabetes
  - Arthritis, osteoporosis
  - Falls, obesity
  - Depression, stress
**PA has a positive effect on ...**
- Modification of the way of behaving
  - Social integration
  - Reduction of other risk behaviors

**PA has a positive effect on ...**
- Economical aspects
  - Reduction of absenteism
  - Decrease of some expenses
  - Decrease of the health costs

Do you know what the people have to do?

**What do the people have to do?**
- Quiz « Questions for a champion »
  - Take the sheet with 10 boxes + write your age and gender (Female/Male) + country + degree
  - As quick as possible, circle the proposal that you consider as correct (Q1 to Q9)
  - Write your proposals (Q10)

No cheating ...

**Quiz – Question 1**
What is, in minutes, the minimal duration of one moderate intensity aerobic physical activity that will have a positive effect on health?

- 2
- 5
- 10
- 15
- 20
- 30
- 60
- 90

10 minutes in a row! It’s easy to fit several times per day

**Quiz – Question 2**
At the minimum, how many days per week should one 7-18 youth have a 60 minutes period of moderate intensity aerobic physical activity?

- 0
- 1
- 2
- 3
- 4
- 5
- 6
- 7

At least 1 hour daily accumulating all
Quiz – Question 3
How many minutes one teenager will need to walk briskly in order to 'burn' the calories of one Coca can (33cl)?

One 55 kg teenager 'burns' 3.2 kcal/min walking at +/- 5 km/h

Quiz – Question 4
What should be, in minutes, the longest overall duration of leisure time that one youth spend daily in front of one screen (TV, video game ...)?

One movie, 2 parts of a TV series ... or the computer, one has to chose!

Quiz – Question 5
How many steps one adult should cumulate daily?

It's 15,000 for the boys! Walking is natural. OK for the shopping if one tours the city center in one hour

Quiz – Question 6
To what weekly hours' number of high intensity physical activity health can be in danger?

Excess of very intensive sport can be prejudicial to health → Adaptation!

Quiz – Question 7
What is the minimal number of weekly opportunities during which one youth (<18) should practice activities allowing to maintain muscular strength?

Carrying, jumping, climbing ... doing natural exercises

Quiz – Question 8
What should be, in minutes, the longest duration of sitting time that one youth spend in a raw?

Breaks of 10' of physical activity at school or at home: It's cool!
Quiz – Question 9

How many minutes one teenager should swim in order to ‘burn’ the calories of a bag of chips (30g)?

2  5  10  20  30  40  50  60

171 kcal to eliminate (5.8 kcal/min for a teenager of 55 kg swimming quietly and continuously)

Quiz – Question 10

Propose at least one out of the two signs (eye visible) allowing to consider that one individual is practicing one vigorous physical activity

Breathlessness et Sweating

It means that being physically active is affordable for all!

Conclusion

• Everybody ‘knows’ that PA is important …

Conclusion

• … Few are really aware about the objectives to reach!!!

Conclusion

• So, it is necessary to act at every level …

Conclusion

• … Against wrong representations

- Physical activity = sport
- Effectiveness = high intensity
- It takes time
- Weekend only
- It is expensive
It's up to you now!

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References
