Physical activity: Representations and women

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Three questions
- Physical activity: What is it?
- What's the point?
- What to do, finally?

Examples of physical activities
- Can you mime different kinds of physical activities?

Examples of physical activities
- Your examples
Physical activity

Implication: doing physical activity can be very diversified but one has to move a minimum

Gradation of PA

- Sedentary behaviour
  - Time spent sitting/lying between reveille and sleep
- PA-Low intensity
  - Under the moderate activity level
- PA-Moderate intensity (MPA)
  - Increase of heart or respiratory rhythm (brisk walking)
- PA-Vigorous intensity (VPA)
  - Breathlessness, impossible to maintain a conversation

Physical activity: What’s the point?

- From your point of view, what are the effects of physical activity physique?

Categories of PA effects

- Your answers
PA has a positive effect on

- Body modifications
  - Cardiovascular system (heart rate ...)
  - Respiratory system (breath characteristics ...)
  - Muscular system (strength, flexibility ...)

- Health (physical and mental) and disease
  - Mortality rate
  - Cardiovascular disease, cancer, diabetes
  - Arthritis, osteoporosis
  - Falls, obesity
  - Depression, stress

- Modification of the cognitive functions
  - Cerebral activation
  - Executive functions in learning
  - School performance

- Modification of the way of behaving
  - Social integration
  - Reduction of other risk behaviours

- Economical aspects
  - Reduction of absenteeism
  - Decrease of some expenses
  - Decrease of the health costs

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

No cheating ...

Quiz « Questions pour un champion »
- Exchange your form with one neighbour
- Be ready to assess
- Write the results
  - 2 points for one correct answer (green circle)
  - 1 point for one answer just above or below (orange circle)
  - 0 point for another answer

Continue to not cheating!

Synthesis for youths (5-17)
- Accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily (periods of at least 10 minutes)
- Amounts of physical activity greater than 60 minutes provide additional health benefits
- Most of the daily physical activity should be aerobic
- Vigorous-intensity activities should be incorporated, including those that strengthen muscle and bone (playing games, running, turning or jumping), at least 3 times per week

OMS (2010)

From 18 to 64 year-old
- Cumulate at least 150 min. of moderate-intensity or do at least 75 min. of vigorous-intensity aerobic PA throughout the week (at least 10 minutes at a time)
- For additional health benefits, increase the moderate-intensity aerobic PA to 300 min/week, or engage in 150 minutes of vigorous-intensity aerobic PA/week
- Muscle-strengthening activities should be done involving major muscle groups on 2+ days/week

OMS (2010)

At 65+ year-old
- The same than 18 à 64 year-old
- Older adults, with poor mobility, should perform PA to enhance balance and prevent falls on 3 or more days per week
- When older adults cannot do the recommended amounts of PA due to health conditions, they should be as physically active as their abilities and conditions allow

OMS (2010)

Remember these three numbers (a good start!):
- 30 minutes per day
- 10 minutes minimum
- 5 times per week

- Do muscular efforts 2 times/week
- Stretch/relax each day (10 minutes)
What to do?
- And remember to ...

* limit sitting time < 2h
* screen time < 2h

A short look on the girls :)

Specific problems of girls?

At risk population for sedentariness

Tafforeau (2008)

Let's move!

Physical activity must be practiced

- Form at most 6 groups
- Chose one captain who comes near me
- Have fun

DO GOOD  BE NICE  HAVE FUN

What we learned?
Everybody "knows" that PA is important ...  

But ...  
- Few are really aware about the objectives to reach!!!

... it is necessary to act ...

... against wrong representations
- Physical activity = sport
- Effectiveness = high intensity
- It takes time
- Weekend only
- It is expensive

So, ...  

Four key messages
- Teach the recommendations according to the change stages of behaviour
- Set out your arguments against 'good' excuses
- Be a (female) model
- Support physically active behaviour

*Take home message*
Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.

Margaret Mead

It’s up to you, now!

References