

Messiah on the Move!

Issue 2

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A 12-year longitudinal study of 17,013 men and women (80% were between the ages of 20-60) recently found that the amount of daily sitting time (during work, school, and housework) was associated with mortality rate due to cardiovascular disease. Mortality risk was higher for those who did not meet recommended activity guidelines (150 minutes of moderate activity or 90 minutes of vigorous activity per week), but even within the active group mortality risk was greater as sitting time increased. Two take-home messages here:

1. Meeting the activity guidelines decreases risk of all-cause and cardiovascular disease mortality
2. Even those who get some leisure time physical activity need to limit high amounts of sitting (especially if they also have risk factors such as obesity and diabetes).

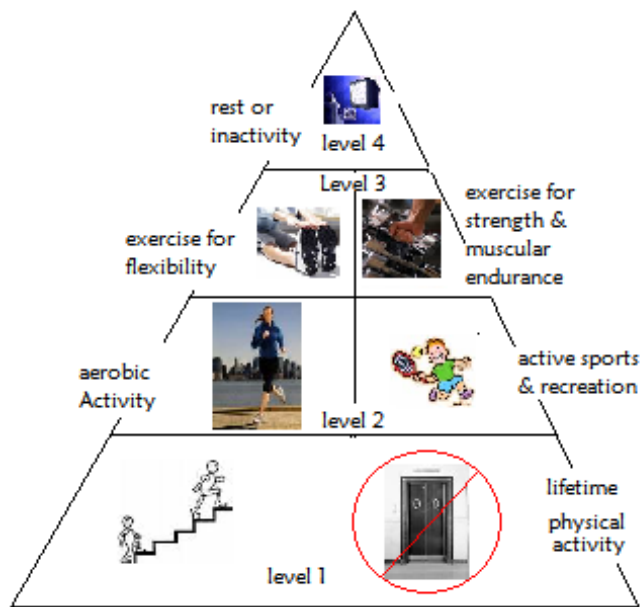
Increase Your Daily Activity

While programmed exercise like a 30 - 45-minute walk or run can really make the steps add up, there are simpler things you can do, that require less effort, to increase your activity.

Here are a few ideas:

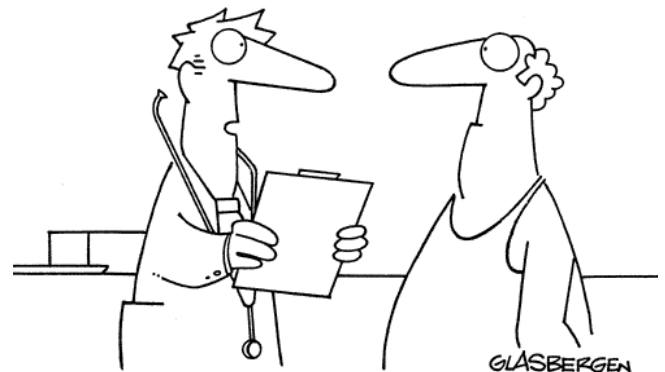
- Wake up 10 minutes earlier and take a short walk.
- Park in the farthest spot everywhere you go.
- Exit the bus a few stops early and walk the rest of the way.
- Instead of sending an email, get up and talk with your office mate.
- Use half of your lunchtime to take a walk.
- Take a 10-minute walk after dinner.
- Play lively music and turn housework into a mini workout.
- Take multiple trips up and down your stairs instead of saving things for one trip

Physical Activity Pyramid



Level 4 **F**=infrequent **I**=low **T**=short
Level 3a **F**=3-7 days/wk **I**=stretching **T**=15-60 sec, 1-3sets
Level 3b **F**=2-3 days/wk **I**=muscle overloading **T**=8-12 reps, 1-3sets
Level 2 **F**=3-6days/wk **I**=moderate to vigorous **T**=20+min
Level 1 **F**=all or most days/wk **I**=moderate **T**=30+min

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"The handle on your recliner does not qualify as an exercise machine."

http://www.messiah.edu/offices/engle_center/wellness/index.html

CHECK OUT THE NEW MESSIAH WELLNESS WEB SITE. AND KEEP WATCHING FOR THE KICK-OFF FOR THE 2009-2010 WELLNESS PROGRAMS THAT WILL BE OFFERED DURING THE YEAR. THE ANNOUNCEMENT WILL BE COMING SOON!

Sources: <http://aom3.americaonthemove.org/Tools.aspx>, <http://exercise.about.com/od/healthinjuries/a/healthylifestyle.htm> http://www.presidentschallenge.org/tools_to_help/ten_ideas.aspx, google images
Katzmarzyk et al. MSSE 41(5) 998-1005