

Rethinking 'exercise' to overcome barriers to physical activity

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Overview



- Importance of having a ‘whole of day’ approach to physical activity promotion
- Excessive sitting – a newly recognised health risk factor
- Physical activity and sitting time – striking the right balance
- Re-thinking approaches to physical activity promotion
- Tips and strategies for promoting more movement, more often

Regular exercise is good for us – in many ways



- ✓ Improved cardiorespiratory and muscular fitness
- ✓ Lower risk of type 2 diabetes
- ✓ Lower risk of metabolic syndrome
- ✓ Lower risk of early death

≥ 150 min/week moderate/vigorous PA = **ACTIVE**

< 150 min/week moderate/vigorous PA = **INSUFFICIENTLY ACTIVE**

Physical Activity Guidelines



How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week

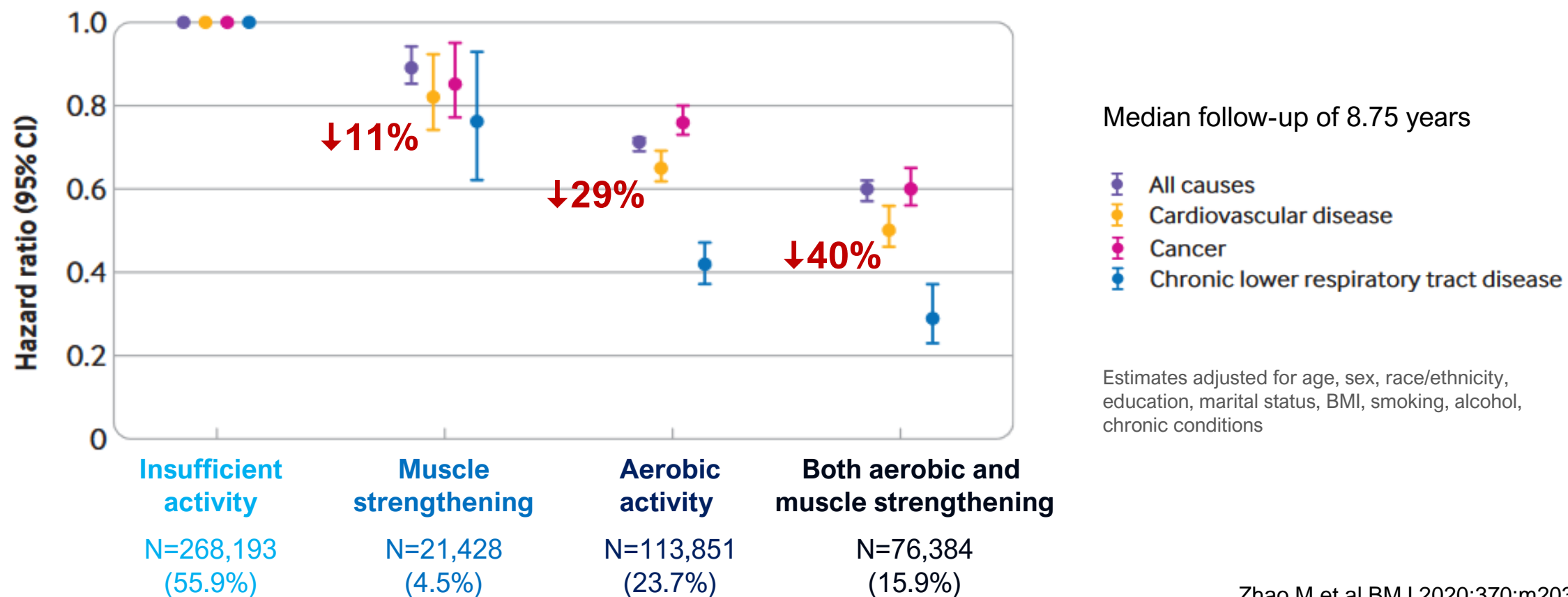


Tight on time this week? **Start with just 5 minutes.** It all adds up!

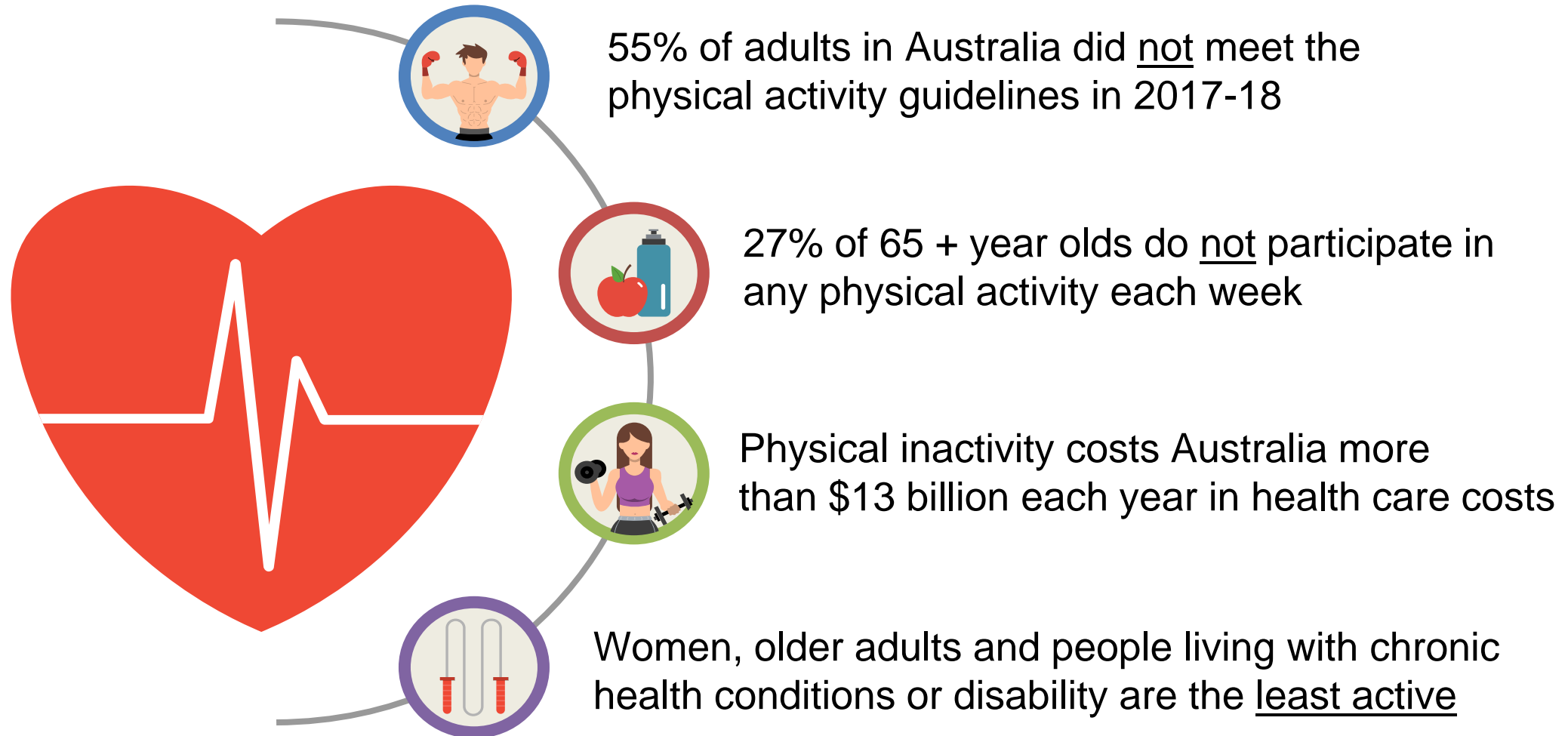
www.cdc.gov/physicalactivity/basics/images/MoveYourWay_Adults.png?_=60659

Benefits of meeting the PA Guidelines

US National Health Interview Survey (1997-2014); linkage to Death (31 Dec 2015); (479,856 adults)

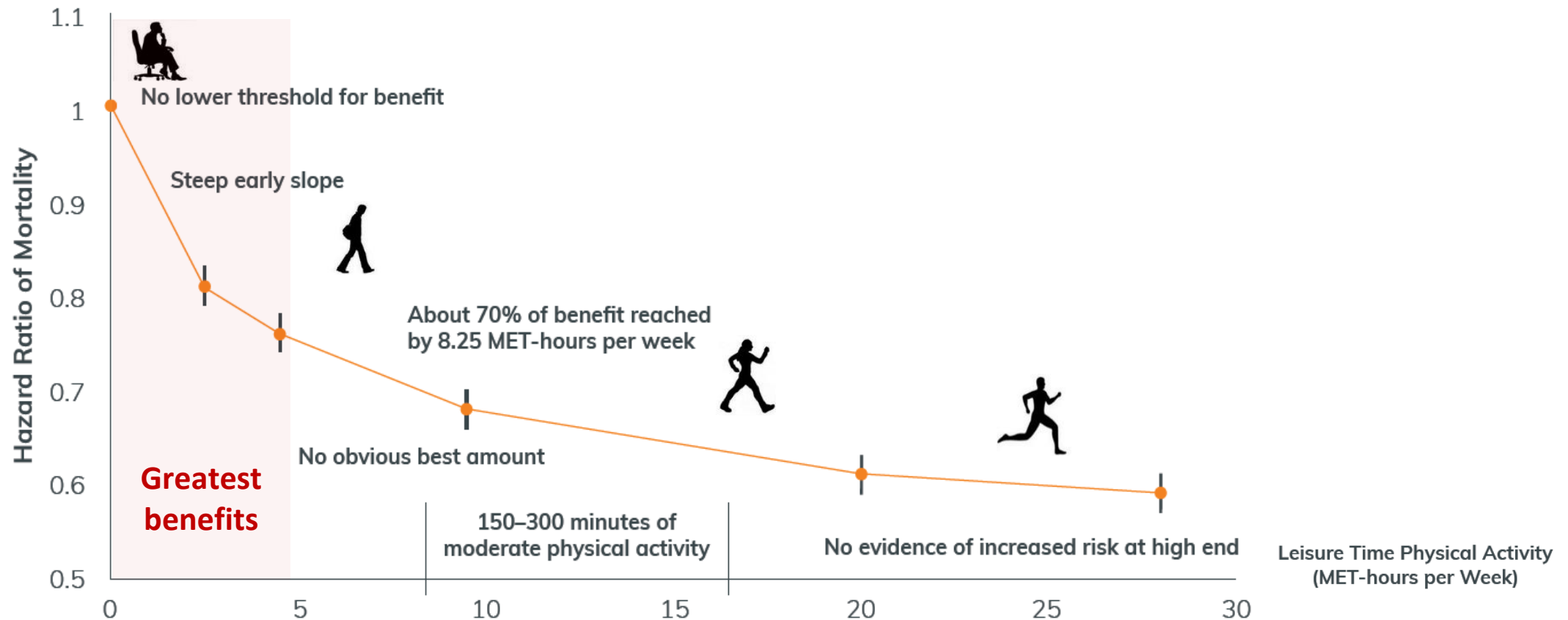


Australia's Physical Activity Report Card

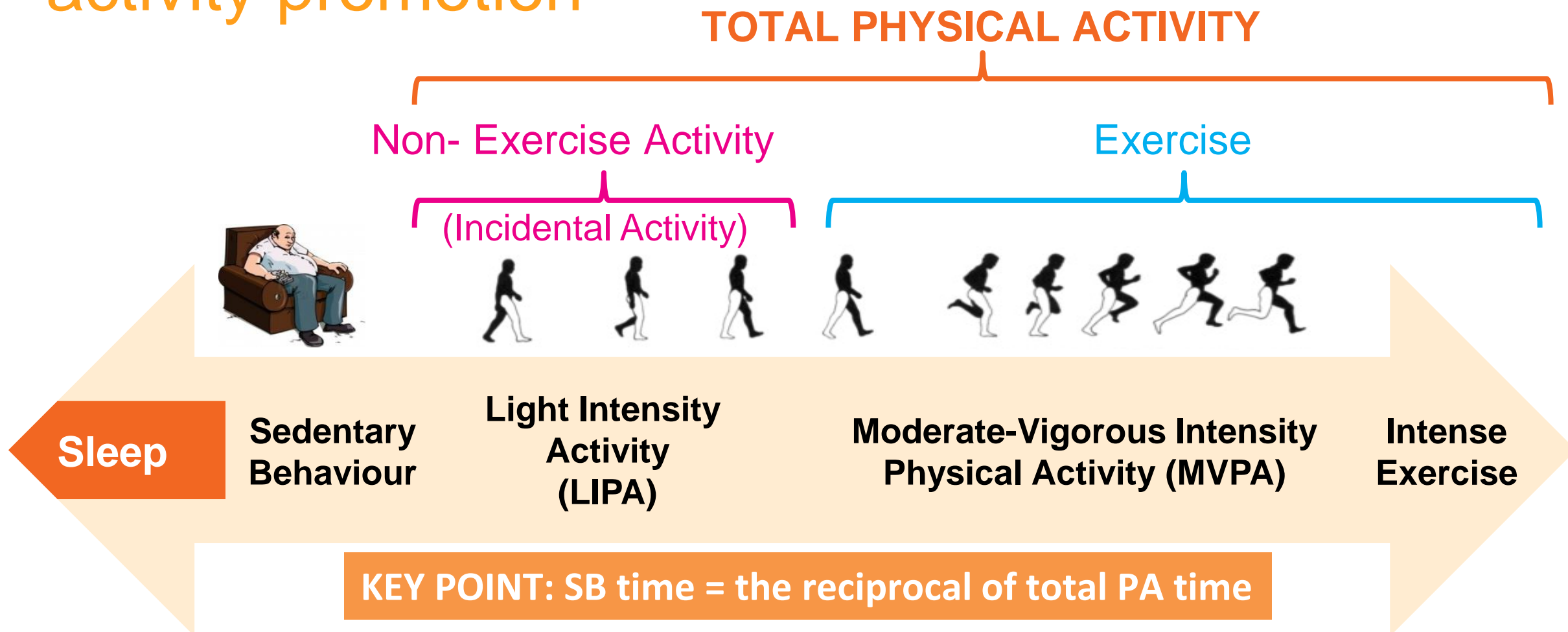


Something is better than nothing

Every single minute counts!

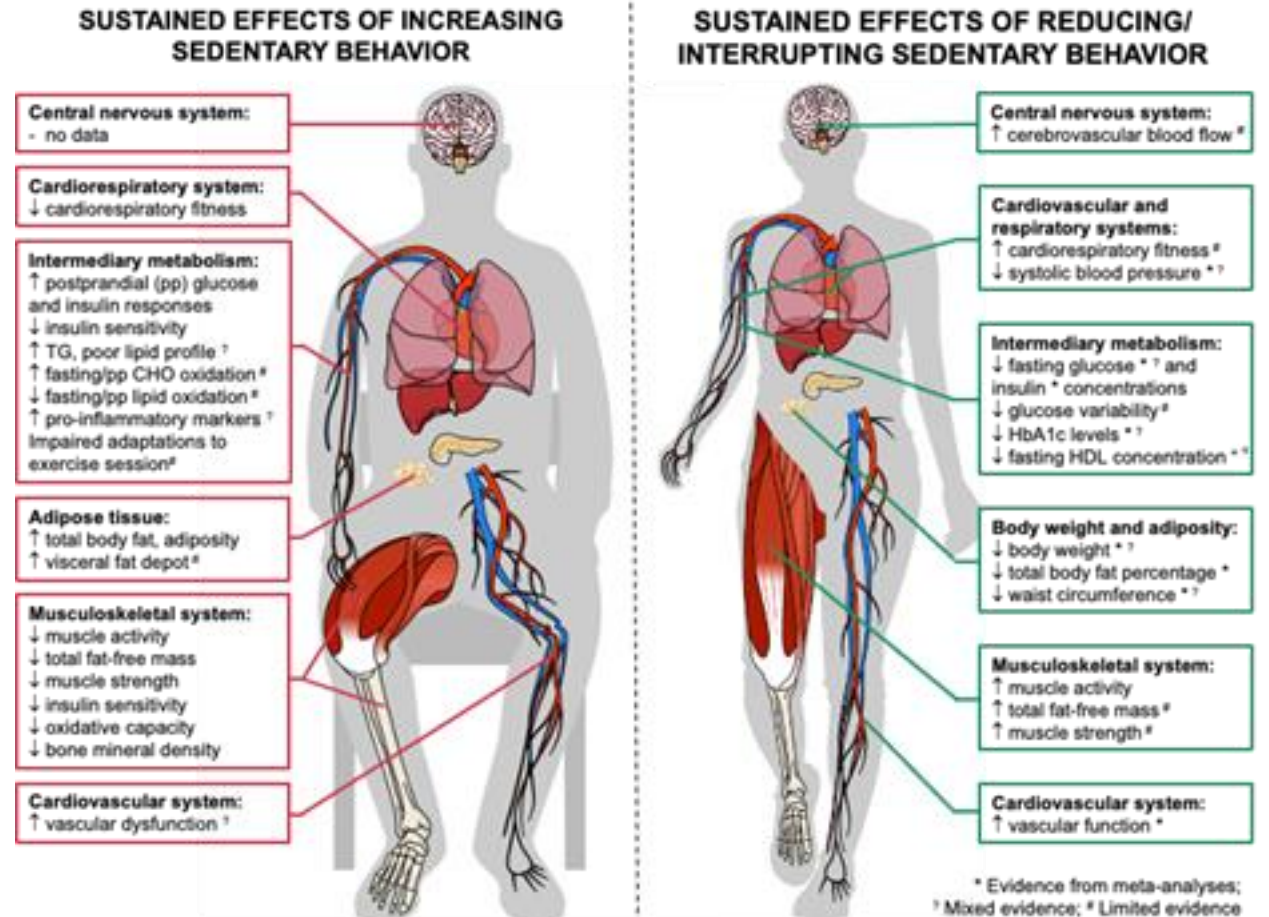
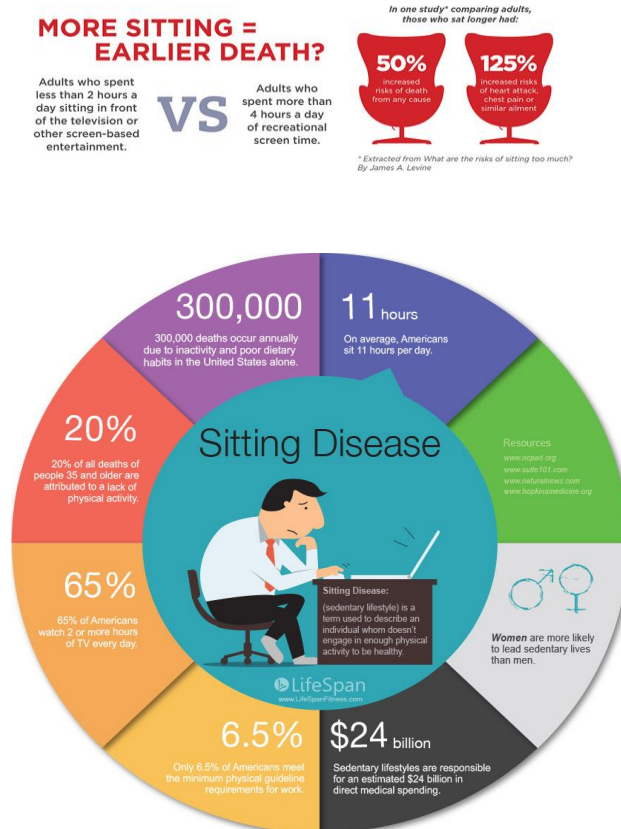


Holistic approach to physical activity promotion



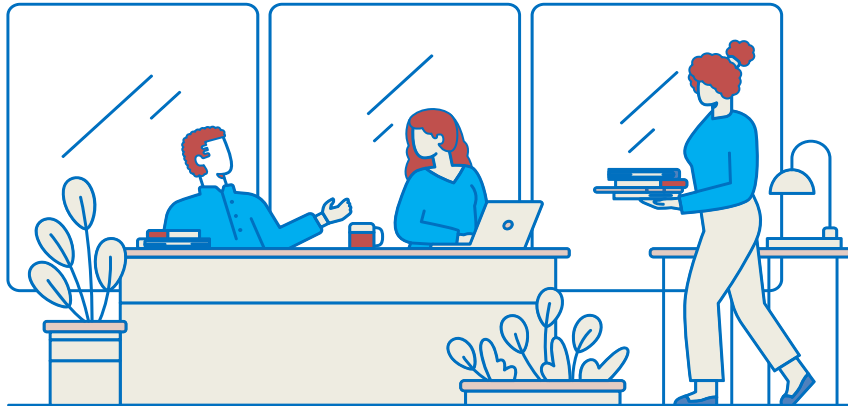
Excessive Sitting

A newly recognised health risk factor



Sitting = High Volume Behaviour

8.8 hrs per day



3,203
hrs per year



1,281

No. of Australian Football League matches watched



146

No. of flights Melbourne to London

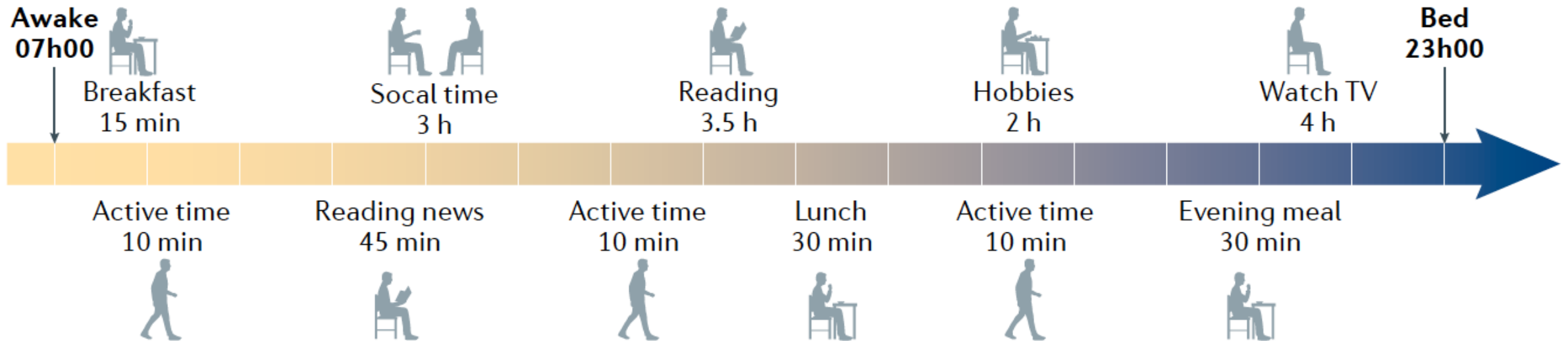


11,059

No. of viewings of Titanic the Movie

15 ½ Hours!

The 'Active Couch Potato'



Inactive & High Sitting Time

A high priority group for intervention

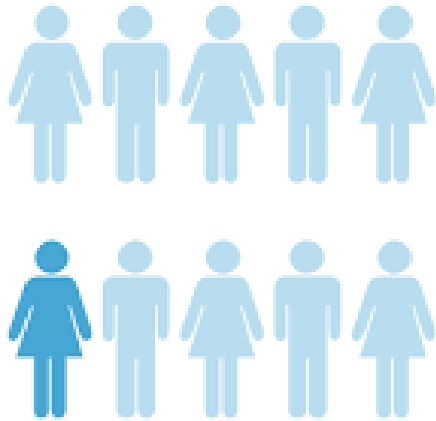
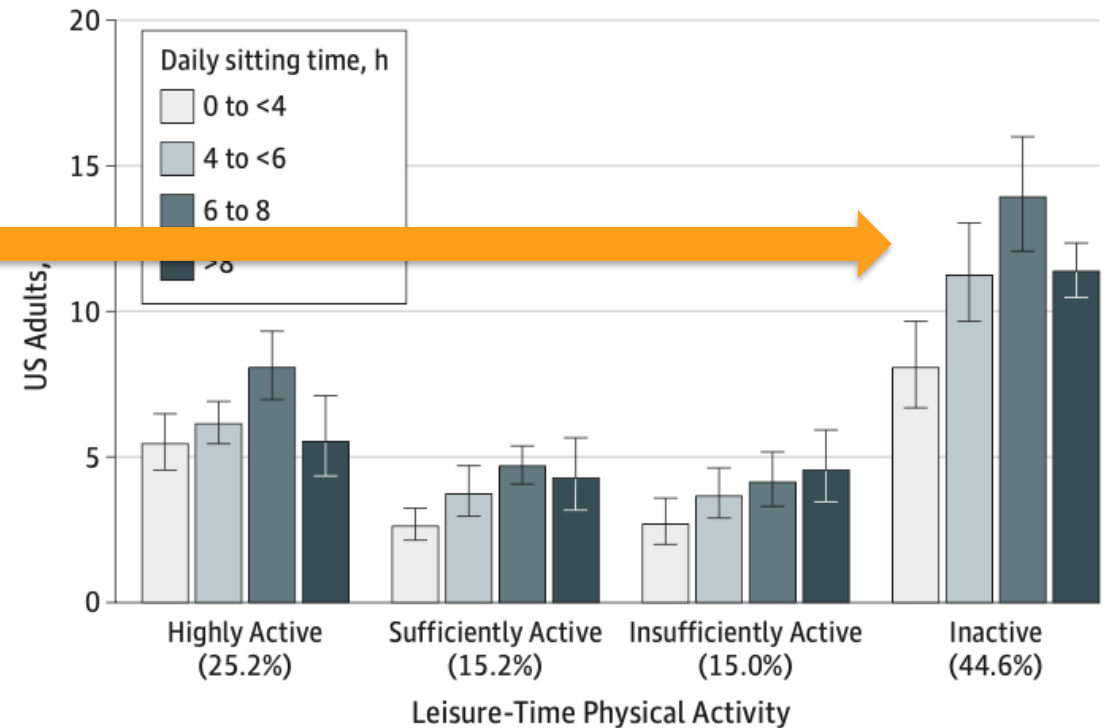


Figure. Joint Distribution of Self-Reported Sitting Time and Leisure-Time Physical Activity Among US Adults, NHANES, 2015-2016



Data are percentage of US adults who reported each joint category of daily sitting time and leisure-time physical activity. Error bars indicate 95% confidence intervals. NHANES indicates National Health and Nutrition Examination Survey.

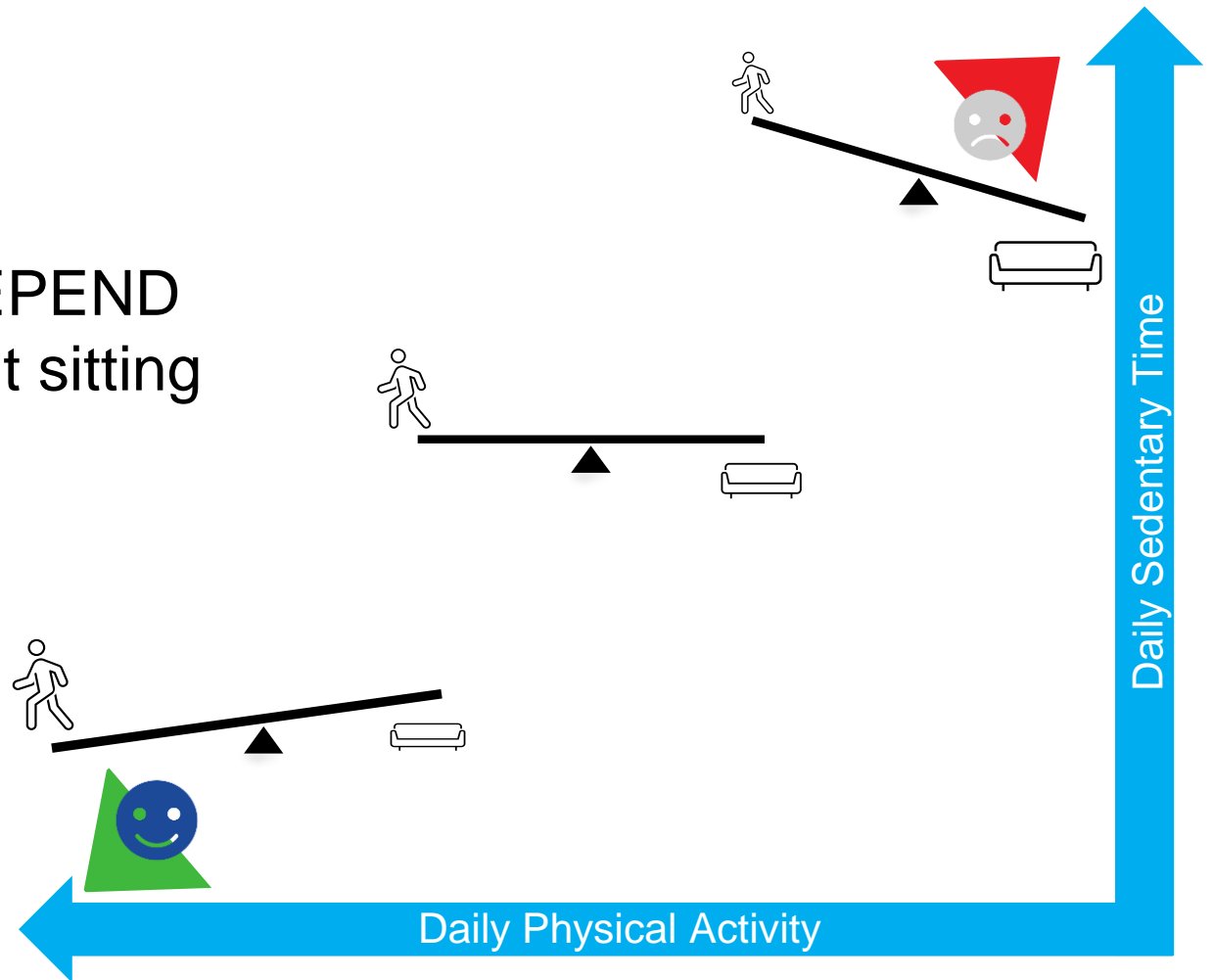


A Simple Message

Achieving the 'Right' Balance

Physical activity **benefits** **DEPEND**
on how much time you spent sitting

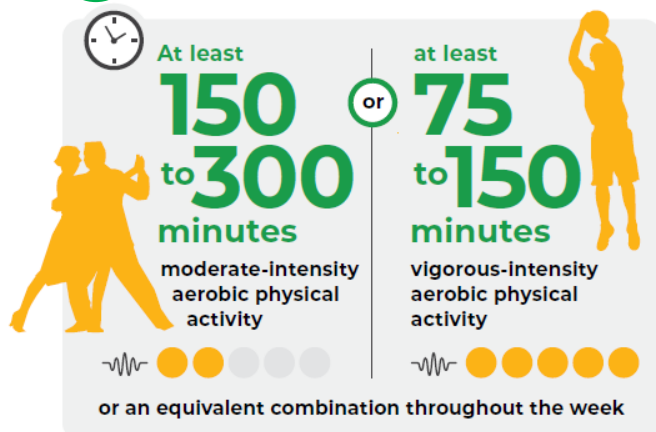
Sitting time **risks** **DEPEND** on how
physically active you are



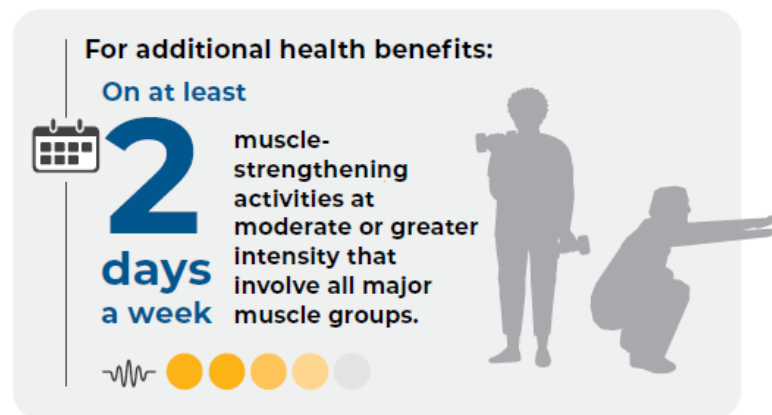
2020 WHO Guidelines on Physical Activity and Sedentary Behaviour for Adults | Older Adults | Chronic Disease



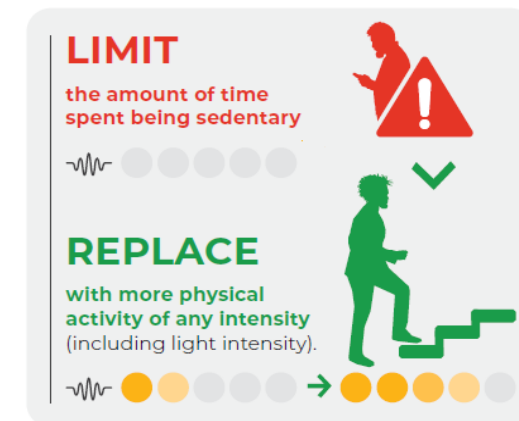
1 Aerobic Activity



2 Muscle Strengthening



3 Sedentary Behaviour



Minimize and break up long periods of sitting

EVERY MOVE COUNTS

Being active has significant health benefits for hearts, bodies and minds, whether you're walking, wheeling or cycling, dancing, doing sport or playing with your kids.

Older adults 65+ | Chronic Disease

WHO guidelines on physical activity and sedentary behaviour (2020).

For more information, visit: www.who.int/health-topics/physical-activity

Improving Health Behaviour Risk Screening

Risk of death	
Low	Equivalent risk to reference
Low to medium	1–15% increased risk
Medium	≥15 to <30% increased risk
Medium to high	≥30 to <45% increased risk
High	≥45% increased risk

During a usual 24-hour day, approximately how much time (minutes) do you spend doing physical activity?



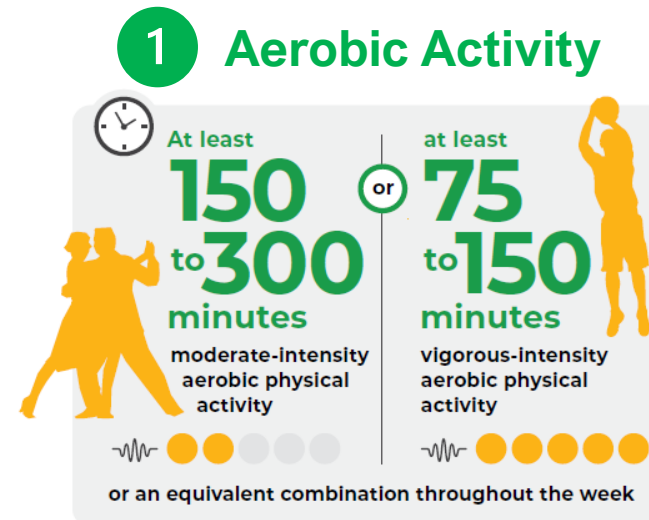
During a usual 24-hour day, approximately how many hours do you spend sitting?



		Hours of sitting per day			
		<4	4–6	6–8	>8
Minutes of physical activity per day	>60	Low	Low	Low	Low
	30–60	Low	Low–medium	Low–medium	Low–medium
	5–29	Low–medium	Medium	Medium	Medium
	<5	Medium	Medium–high	Medium–high	High

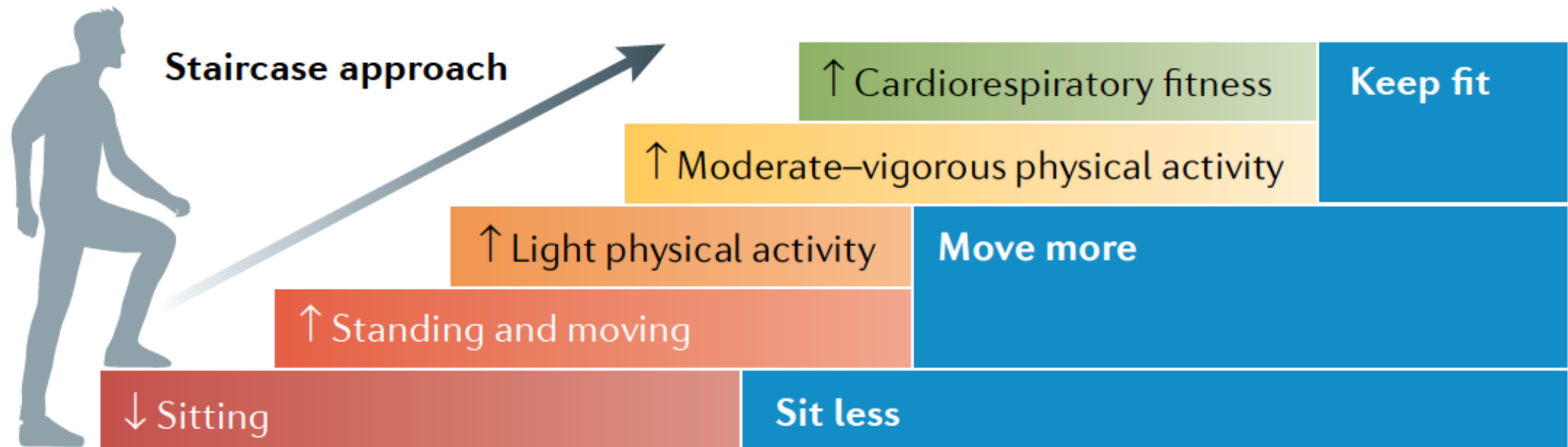
Meeting Guidelines

A Tall Order For Many People



<https://images.snapwi.re/d718/5d189e4c0eb800ba40646892.w800.jpg>

A 'Staircase Approach' To Physical Activity Promotion



Tips for spreading physical activity across the day



Navigation bar: ABOUT, AROUND HOME, VOUCHERS, TEAMS, PLACES, RESOURCES, CONTACT, LOGIN, JOIN

THE ENDLESS BENEFITS OF DANCING
The beauty of dance is that no part of the body is left behind...
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HOW TO SUPPORT PHYSICAL ACTIVITY ON A PLANT-BASED DIET
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PHYSICAL ACTIVITY AND BRAIN HEALTH
Exercising for your brain - sounds strange right? Many of us know that exercise...
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Tips & Ideas for Adults



Think about when and where you can be physically active.
Making small changes to your daily routine can make a big difference!

Sneak activity into your day!

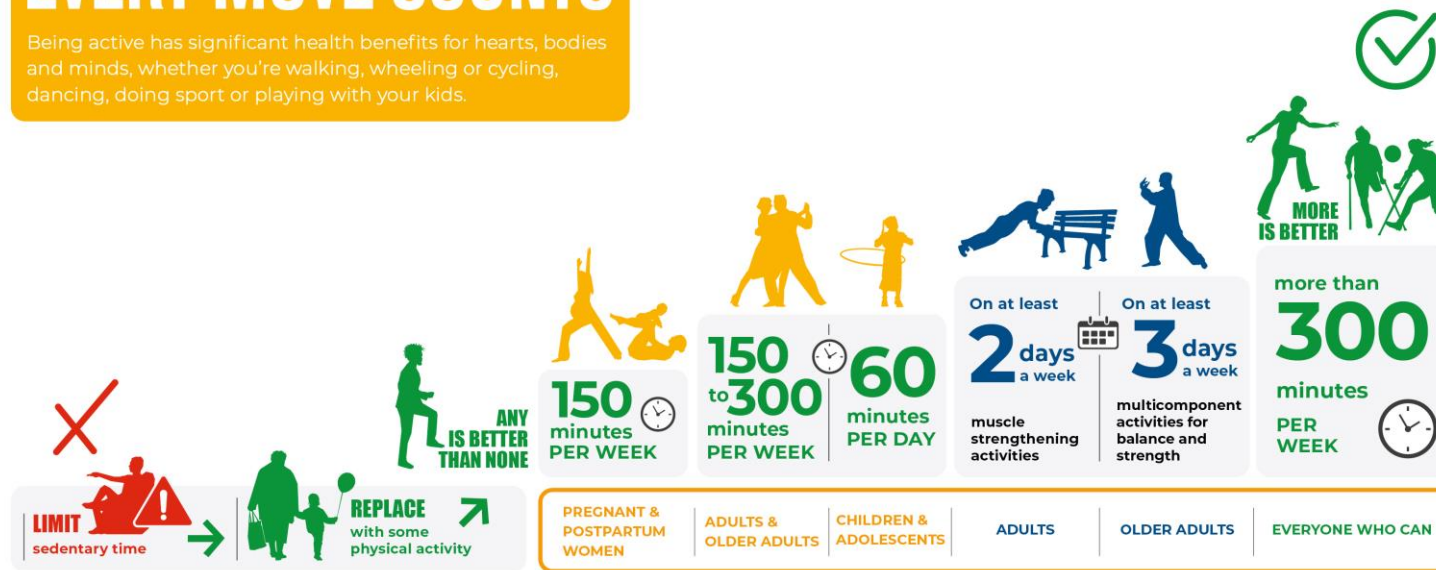
- After putting the bins out, take a walk to the end of the street and back
- Take a walk around the oval/pitch while waiting for your child to finish training
- Get off your chair and walk to speak to a colleague rather than emailing/messaging
- Working at home? Take a quick walk outside while you are waiting for the kettle to boil
- When tidying the house – put things away in multiple short trips, rather than one big haul
- Walk around when talking on your mobile phone

Take-home message – Every Move Counts!



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For more information, visit: www.who.int/health-topics/physical-activity



Thanks!



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&

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Deakin University



*‘Life is like riding a bicycle. To keep
your balance, you must keep moving’*

Albert Einstein