Making Sense of Physical Activity

Apps: Steps or Minutes?

Michelle G Swainson PhD
Town and Gown 2018, Lancaster
What is all the fuss about?

Inactivity = 4th leading cause of global death
How much should I do?
Early Years (0-5)  3 Hours per day
Children (5-18) 60 minutes per day
3 Times per week
Adults & Older Adults (18+)

75 or 150 minutes per day

2-3 Times per week
YES  NO  MAYBE
What motivates you to be active?

What gets in the way of you being active?
Pedometers

- Simple to use
- Easy to understand
- You *don’t* need a smartphone or app

**BUT ...**

- In-built feature of most phones
- Apps give you more useful information
10,000 STEPS

THAT'S THE RECOMMENDED DAILY MINIMUM FOR A HEALTHY
ACTIVE PERSON

= 5 miles
More time and lower intensity OR Less time and higher intensity?
Activity Trackers

- In-built or downloadable
- **Track INTENSITY**
- Distinguish activities
- **Steps**
- **Minutes**
- More than just activity

Garmin
Active 10 Campaign

Hi Eleanor!
Pick up the pace for ten minutes at a time to hit your goal!
Improve your heart's health with an Active 10.

TODAY'S ACTIVE TIMES
- 16:00 - 17:00: Just now, 55 mins total walking, 10 mins were brisk.
- 12:00 - 13:00: 4 hours ago, 20 mins total walking, 4 mins were brisk.
- 08:00 - 09:00: Just now, 55 mins total walking, 2 mins were brisk.

Walking warrior: 7 hours ago
Great work! You've smashed your goals this week.

BRISK MINUTES OVER TIME
- LAST 7 DAYS
- LAST 30 DAYS
30 seconds exercise
10 second rest
Apps & wearables

Focus on intensity
Quick
Free
Accessible
Videos and advice
Is any activity **good activity**?

Depends on:
- Baseline
- Outcome
- Preference

“The best activity is the one you will do”

Arem et al 2015; JAMA
Think Active, Be Active, Stay Active

Thank You