

# Key terminology



# Definition: Physical activity

- Any bodily movement produced by the skeletal muscles that requires energy expenditure
- Physical activity refers to all movement
- Includes occupational activities, leisure, active travel, household chores



# Definition: Exercise

- Planned, structured, repetitive body movement done to improve or maintain one or more components of physical fitness
- Subcategory of physical activity



Ref: Caspersen et al (1985) Public Health Rep



# Definition: Sedentary behaviour

- Any waking behaviour characterised by an energy expenditure  $\leq 1.5$  metabolic equivalents (METs) while in a sitting, reclining, or lying posture
- Examples include sitting eating a meal, reading while reclining, using electronic devices while lying down

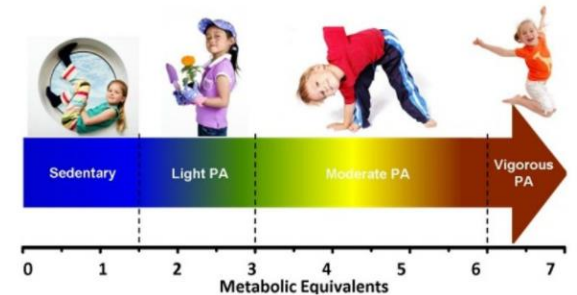


Ref: Tremblay et al (2017) IJBNPA



# Definition: Metabolic Equivalent (MET)

- 1 MET = energy you use when sitting still
- A way to describe the intensity of an exercise or activity
- Activity of 3 METs: Exerting 3 times the energy than you would if you were sitting still

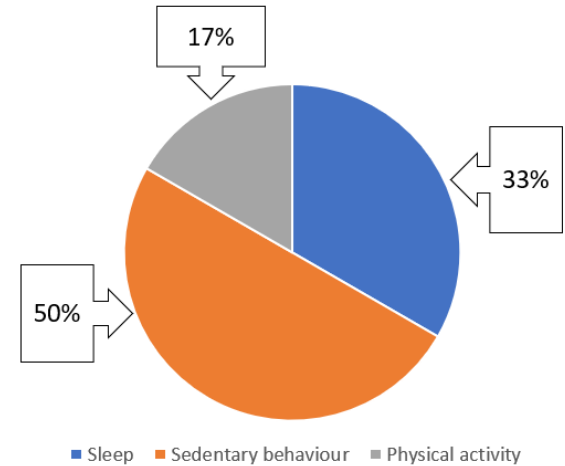


From SBRN website



# Movement behaviours

- Encompasses:
  - Physical activity of all intensities
  - Sedentary behaviour
  - Sleep
- Conceptualises movement on a continuum
  - Sleep to high-intensity physical activity



Ref: Tremblay et al (2017) BMC Public Health



# Physical inactivity vs sedentary

- Sedentary – initially used to identify those engaging in too little exercise
- Sedentary – then used to identify those not meeting physical activity guidelines
  - Based on lack of activity rather than actual sedentary behaviours
- Physical inactivity: insufficient physical activity level to meet current physical activity guidelines

Ref: Ridgers & Verswijveren (2019) in “Research Methods in Physical Activity and Health”

