

HEALTH BENEFITS OF EXERCISE REPORT

PHYSICAL ACTIVITY LINKED TO LOWER RISK OF DEPRESSION REGARDLESS OF SEDENTARY TIME



Often sitting time and physical activity levels are grouped together when it comes to health research. This study, published in the *International Journal of Behavioral Medicine*, assessed the two separately, looking at the association between sedentary behavior, physical activity, and a combination of the two on depressive symptoms in Japanese adults. Over 2,900 people filled out questionnaires on physical activity and depression.

The findings showed an independent relationship between more physical activity and lower risk of depressive symptoms, but no association was noted between sedentary behavior and depressive symptoms. These results suggest that meeting physical activity requirements can help reduce the risk of depression among adults regardless of sedentary time. Health clubs provide a fun, supportive environment to get recommended amounts of physical activity.

MORE VIGOROUS ACTIVITY HELPS PREVENT PREMATURE DEATH

Research published in the *Journal of the American Medical Association: Internal Medicine* examined how the

proportion of moderate-vigorous exercise achieved through vigorous exercise impacts premature death among adults. Researchers looked at data on over 204,500 people over age 45 in New South Wales, Australia.

The results showed a linear relationship between greater amounts of moderate-vigorous activity per week and reduced risk of premature death from any cause. In addition, among those who report regular activity, the study found a link between larger proportions of vigorous activity to total activity and lower risk of premature death. Health clubs provide a safe, supportive place for adults to be active, and many offer higher intensity group exercise classes.

CONSISTENCY IS KEY FOR HABIT FORMATION IN NEW GYM MEMBERS



Retaining new members is an ongoing concern for health club operators. A study on physical activity habit formation published in the *Journal of Behavioral Medicine* looked at what was required in order to make physical exercise a regular habit. The study followed 111 new gym members over 12 weeks; participants filled out regular surveys throughout the follow up.

The results indicated that, in order to establish a new

exercise habit, participants needed to exercise at least four times per week for six weeks. Researchers also used an analytical model to determine that consistency, behavioral complexity, emotional judgment, and environment all predict changes in habit. The authors concluded that trainers should keep exercise fun and simple and focus on consistency to best spur habit formation among new members.

SOURCES

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