

PHYSICAL ACTIVITY IN COLLEGE STUDENTS



By Brielle Los

The benefits of reducing sedentary behavior and increasing physical activity in college-aged individuals can improve one's quality of life and academic success!

Why is Physical Activity Important?

Regular physical activity has been shown to prevent non-communicable diseases and decrease premature mortality and morbidity.

There is a strong correlation between physical activity and increased social & psychological well-being.



Physical Activity Guidelines

Evidence-based recommendations issued by the US Department of Health and Human Services:

- 150 mins/week of moderate-intensity aerobic activity or 75 mins/week of vigorous-intensity (or a combination)
- Muscle-strengthening activities involving 2 or more major muscle groups at least twice per week



Sedentary Behavior

Sedentary behavior is any activity < 1.5 METS (only expending 1.5 times your resting energy levels) of lying or sitting still

- Only 50% of college students meet the PA guidelines
- On average university students spend 7.29 hrs/day sitting



Academic Success

Students who are regularly physically active can have academic advantages compared to their non-active peers

- Improved concentration
- Better memory and recall
- Positive attitude
- Increased creativity



Tips for an Active Lifestyle



- Walk or bike around campus
- Join an intramural or club sport with friends
- Build in time to use the recreation center or open pool time
- Invest in active stress relief management (e.g., taking walks, cleaning your dorm room, etc.)

Sources: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9244168/>; <https://pmc.ncbi.nlm.nih.gov/articles/PMC8998469/>; <https://www.scrip.org/journal/paperinformation?,paperid=27889>; <https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>; <https://post.edu/blog/the-link-between-physical-activity-and-academic-performance/>



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