

Want to know why you should be trying to stay physically active?

A recent study was done to look at the effects that physical INACTIVITY has on men and women. Here are some of the results.

First, the study looked at the rates of depressive symptoms of those who are active versus inactive.

- Inactive men exhibited greater depressive symptom severity than insufficiently active men, and highly active men. Moreover, insufficiently active men exhibited greater depressive symptom severity than sufficiently active men, and highly active men.
- Inactive women exhibited greater depressive symptom severity than insufficiently active women, and highly active women.

Next, the study looked at cardiorespiratory fitness and emotional well-being.

- There was a positive association between CR fitness and estimated mean scores among both men and women. There was an observed positive dose-response relationship. The higher the cardiorespiratory fitness, the higher level of emotional well-being.

Last the study looked at physical activity and emotional well-being.

- There was a positive association between physical activity and estimated average scores of emotional well being. Inactive men exhibited lower emotional well-being than insufficiently active men, sufficiently active men, and highly active men. Insufficiently active men also exhibited lower emotional well-being than sufficiently active men.
- Inactive women exhibited lower emotional well-being than insufficiently active women, sufficiently active women, and highly active women. Moreover, insufficiently active women displayed lower emotional well-being than sufficiently active women and highly active women.

To maintain health, the general recommendations include 30 min of aerobic activity on most days of the week, which is "sufficiently active" to attain most health benefits according to current public health recommendations for physical activity in adults.

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