
UK physical activity guidelines: Draft review and recommendations for Adults (aged 19- 64 years)

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+ reviews on MSB by Foster et al. (2018) and disability by Smith et al. (2018)

(Current) CMO 2011 Recommendations

ADULTS (19–64 years)

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous intensity activity.
3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.
4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

150 min/wk moderate intensity
bouts of \geq 10 mins

Spread across week

or
75 min vigorous intensity

Muscle strength activity
2 days per week

Minimise sedentary time

Evidence since 2011 - key issues identified

- Light physical activity / MVPA below 150min/wk?
- Minimum bout length?
- Frequency?
- Prominence of muscle strength recommendation?
- Emergence of HIIT evidence?
- Adults with disability?

Does the scientific evidence continue to support the current Physical Activity Guidelines for adults?

- Evidence continues to broadly support current guidelines
- Evidence suggests benefits may be derived from lower volumes (<150 min/wk), intensities (<moderate) and frequencies (1-2 session pw)
- Evidence suggests that bouts <10 min beneficial
- Short duration but high intensity interval exercise may bring equivalent or greater health benefit
- Recommendation based on individual's current PA and/or fitness, description of intensity which refers to effort

Some good....more better (from 2011 Older Adult guidelines)

Muscle strength guideline

- Evidence (Foster et al 2018) continues to support activity to maintain or improve muscle strength at least twice per week
- Specific examples of resistance activity (training methods and everyday activities) for different starting levels
- Muscle strength activity given equal prominence to 150 min MVPA message

How should current guidelines address PA and weight management?

- Evidence suggests that >150 min/wk MVPA required for weight loss
- Given inter-dependency of energy intake and expenditure it is not possible to specify volume of PA for weight loss
- Importance of increasing PA and restricting energy intake simultaneously should be emphasised
- Role of physical activity in maintaining weight after weight loss should be emphasised.

Population group variations

- Insufficient evidence to vary adult guidelines for male /female (exception pregnancy and postpartum)
- Insufficient evidence to vary adult guidelines by ethnicity

Implications for surveillance

- Recognition of benefit of light intensity
- Removal of bout length threshold
 - both likely to increase the proportion self-reporting meeting the guidelines
- Greater clarity on what constitutes muscular strength activity
 - likely to influence (reduce?) the proportion self-reporting meeting the guidelines
- Limitations for surveillance
 - lack of consistency in methodologies (irrespective of guidelines) limits surveillance

Recommendations

1. Accumulation of activity in different ways/combinations, including 150 min/wk MVPA, high intensity lower duration...
2. No minimum bout length
3. Recognition of value of PA below and above recommended levels
4. Resistance training major muscle groups 2x pw expanded to include specific examples (including everyday activities)
5. Recognition that PA can contribute to weight loss and maintenance

Research Recommendations (before next guidelines!)

- Equivalencies of different combinations of duration and intensity and differences in health benefits?
- Most appropriate population level surveillance methods?
- Resistance training at lower frequency (1x pw)?
- Recommendations by sex, disability, ethnicity?
- Dose-response relationship for different health conditions/ disease outcomes?
- Use of technology to self-assess PA?

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