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**PHYSICAL ACTIVITY ON PRESCRIPTION REDUCES SEDENTARY BEHAVIOUR FOR 6 MONTHS, WITHOUT LONG TERM EFFECT**

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**Objectives**

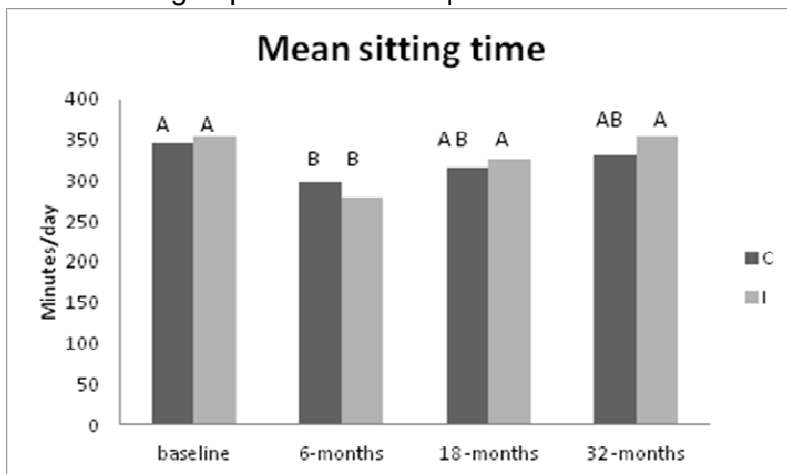
There is a lack of knowledge regarding methods to reduce sedentary behaviour. The aim of this study was to evaluate the efficacy of physical activity on prescription (PAP) in patients with overweight and abdominal obesity. PAP decrease sitting time at 6-months follow-up in this population, and data is now further analysed to study the long-term effect.

**Methods**

Six month randomised controlled study in 101 women and men (57% female, 67-68 year). All participants received a minimal intervention with brief general information on physical activity and measurement of PAL. The intervention group received in addition an individualized PAP that consisted of a patient centred counselling and a written agreement. Focus of the intervention was to reduce sedentary behaviour as well as to promote an increased PAL. Sedentary behaviour was assessed by questionnaire, the sitting item from IPAQ.

**Results**

Both groups reduced sitting time from baseline to 6-months follow-up, intervention group by 114 min/day and control group by 86 min/day. However, the changes disappeared at the long term follow-ups (Figure). There were no significant differences between the groups at either time point.



**Conclusions**

It is possible to reduce sitting time in overweight individuals. An individualized prescription of physical activity reduces sedentary behaviour for 6 months, but had no long term effects. There was no significant better effect of PAP compared to a minimal intervention. Studies with more subjects and objective methods are needed.