

#66 COMPARATIVE EFFECTS OF THREE 48-WEEK COMMUNITY BASED PHYSICAL ACTIVITY AND EXERCISE INTERVENTIONS ON AEROBIC CAPACITY, TOTAL CHOLESTEROL AND MEAN ARTERIAL BLOOD PRESSURE

FACULTY OF HEALTH AND LIFE SCIENCES, CENTRE FOR APPLIED BIOLOGICAL AND EXERCISE SCIENCES, COVENTRY UNIVERSITY, COVENTRY, UK, UKACTIVE RESEARCH INSTITUTE, LONDON, UK, SCHOOL OF HUMAN AND LIFE SCIENCES, CANTERBURY CHRIST CHURCH UNIVERSITY, CANTERBURY, KENT, UK

Topic for advocacy HEPA - Physical Activity and Health Journal, 2016

<http://bmjopensem.bmj.com/content/2/1/e000105.full.pdf>

Description of the good example

The study reports the findings of a 48 week long study across multiple community fitness centres in the UK. The aim of this study was to examine the treatment effectiveness of a real-world physical activity (PA) interventions. Three interventions have been investigated by a directly measured cardiovascular variables. All treatments and measures were administered in a community-based settings by staff of the fitness centres instead of researches, within the existing operational protocols and budgets. Second goals of the study was to encourage community centres to embrace the routine measurement of health-related variables and to better understand the role of evidence in the design and delivery of PA services.

Learning points - What can we learn from it?

The study report provides an evidence for the effects of community-based physical activity, especially in regards to aerobic capacity, total cholesterol and mean arterial blood pressure.

**All information in this entry is sourced from the link above and contact mentioned in the document.*

Highlights and outcomes

Why could it be useful for your organisation and advocacy?

Among low-fit individuals, physical activity counselling (PAC) was as effective as both structured and unstructured gym-based exercise in improving VO₂ over 48 weeks. Among high-fit individuals, a significant deterioration in VO₂ was observed in response to both unstructured exercise and PAC over 48 weeks. Structured exercise, unstructured exercise and PAC all offset significant increases in total cholesterol observed in controls over 48 weeks. Structured exercise was significantly more effective than either unstructured exercise or PAC in reducing mean arterial blood pressure over 48 weeks.

Target - Who can best use this example or document?

Community fitness centres, policymakers, operators of community health centres, public health department.

Further information

Faculty of Health and Life Sciences, Centre for Applied Biological and Exercise Sciences, Coventry University, Coventry, UK, ukactive Research Institute, London, UK, School of Human and Life Sciences, Canterbury Christ Church University, Canterbury, Kent, UK
chrisbeedie@sky.com
<http://bmjopensem.bmj.com/>