

Understanding Sedentary Behavior as an Undergraduate at WMU

Why Should You Care About Sedentary Behavior?

Sedentary behavior poses both mental and physical health risks. From research conducted by Zieff et al, sedentary behavior is related to an increase in stress, anxiety, and depression (2020). In addition, "Sedentary jobs have increased 83% since 1950; furthermore, highly sedentary service jobs now account for 43% of all US jobs" (Gremaud et al., 2018).

Did You Know Out of 380 Undergraduates at WMU Surveyed...

38.2% engage in no moderate physical activity during leisure time in a week.

30.3% engage in no moderate physical activity during leisure time in a week.

spent an average of 11.07 hours on a weekday and 9.5 hours on a weekend day sitting.

Reduce Your Sedentary Behavior During Leisure Time by Using Recommendations from the American Heart Association

1. Looking to decrease your time spent sitting? Try walking during breaks or lunch, stand at your desk or during meetings, take the stairs instead of the elevator, and take break from staring at screens to stretch.
heart.org/en/news/2019/01/04/how-to-sneak-in-healthy-physical-activity-during-a-sedentary-work-day
2. Looking to increase your moderate physical activity? try brisk walking + 2.5 mph, water aerobics, dancing, gardening, tennis, biking slower than 10 miles per hour.
heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults
3. Looking to increase your vigorous physical activity? Try hiking uphill or with a heavy backpack, running, swimming laps, aerobic dancing, heavy yard work, tennis (singles), cycling +10 mph or faster, or using a jump rope.
heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults

View the World Health Organizations's Physical Activity and Sedentary Behavior Guidelines Here!



Additional Resources

WMU's Recreation Center Website

wmich.edu/rec

Online Guide For Getting Enough Exercise as a College Student

studentcaffe.com/thrive/health-and-wellness/getting-enough-exercise

References

Gremaud, A. L., Carr, L. J., Simmering, J. E., Evans, N. J., Cremer, J. F., Segre, A. M., Polgreen, L. A., & Polgreen, P. M. (2018). Gamifying accelerometer use increases physical activity levels of sedentary office workers. *Journal of the American Heart Association*, 7(13). <https://doi.org/10.1161/jaha.117.007735>

Zieff, G., Bates, L. C., Kerr, Z. Y., Moore, J. B., Hanson, E. D., Battaglini, C., & Stoner, L. (2020). Targeting sedentary behavior as a feasible health strategy during covid-19. *Translational Behavioral Medicine*, 11(3), 826-831. <https://doi.org/10.1093/tbm/ibaa101>

Understanding Perceived Stress as an Undergraduate at WMU

Why Should You Care About Stress?

“Around 75%–90% of doctor visits in the United States are in some way related to stress”
(American Institute of Stress, 2017).

Did You Know Out of 380 Undergraduates at WMU Surveyed...

Using a widely used well-researched questionnaire, the Perceived Stress Scale (PSS) results from a survey given to undergraduates at Western Michigan University indicated that a sample of undergraduates received a score of being moderately stressed (Mean=24.3). Symptoms of stress can eventually turn into chronic conditions (e.g., anxiety, depression, insomnia, and post-traumatic/acute stress disorder) that influence students perceived self-efficacy and sedentary behavior.

Feeling Stressed Reading This? Here Are Some Tips on What You Can do if You Are Feeling Stressed...

1. Check in with yourself by asking self-reflective questions. The link below has eight questions that you can ask yourself right now to assess your what is causing you to stress. You may find you are inspired to take steps to overcome stress when you are anxious. harvestcounselingandwellness.com/blog/questions-to-ask-when-anxiety-hits
2. Try practicing mindfulness. The link below contains an article outlining five steps in the form of exercises teaching you how to practice mindfulness and relieve stress. uhs.berkeley.edu/sites/default/files/article_-_five_steps_to_mindfulness.pdf
3. Review the American Institute of Stress's Guide on How to Cope with Stress. The link below provides college students with a thorough guide on understanding and coping with stress. stress.org/stress-in-college-students-for-2019-how-to-cope

Watch Kelly McGonigal's Ted Talk
"How to Make Stress Your Friend" Here!



Snapshot of WMU Undergraduate Sample of 380 Participants

