

TIME AND PHYSICAL ACTIVITY FOR FAT LOSS

Accelerometer-Based Sedentary Time (ST) and Physical Activity (PA)

DEXA-Measured Total Fat Mass

Age 11y

Age 15y

Age 24y

Age 11y

Age 15y

Age 24y



1 min/day of ST = +1.3gram of fat

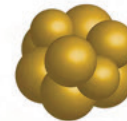


Increase

ST increased from 6 to 9 hrs/day



1 min/day of LPA = -3.6gram of fat

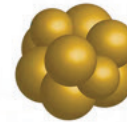


Decrease

Light PA decreased from 6 to 3 hrs/day



1 min/day in > 60mins/day of MVPA = -2.8gram of fat



Decrease

MVPA was stable at 50 mins/day

Increased sedentary time from childhood through young adulthood potentially caused increased fat mass but light PA and moderate to vigorous PA (MVPA) decreased total body fat mass in 6059 children.



GastroDoxs