

## Addendum

### Advocating physical activity for public health

In the US, the Centers for Disease Control and Prevention and the American College of Sports Medicine have urged every adult to accumulate 30 minutes of moderate intensity physical activity on most, preferably all, days of the week.<sup>[1]</sup> This activity need not be continuous, but may be accumulated in shorter bouts (e.g. 10-minute sessions thrice daily).

In addition, they point out that health professionals should look to their own lifestyles and adopt physical activity, both to benefit themselves and as role models for others.<sup>[1]</sup>

In the article entitled 'Sport for all – is it cost effective?' [Drug Ther Perspect 1994 May 16; 3 (9): 14-15], it was noted that being physically active may have economic benefits, particularly for those aged ≥45 years. However, it was also noted that younger patients engaging in more vigorous activity with a higher risk of injury may incur costs that outweigh the benefits.

The recent US recommendations advocate moderate intensity activity, such as brisk walking, lawn mowing (with a power mower) and home care.<sup>[1]</sup> Thus, adopting the recommendations appears likely to be cost effective.

### Reference

1. Pate R, Pratt M, Blair SN, et al. Physical activity and public health. JAMA 1995; 273: 402-7



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