

## Increasing the Physical Activity Level of Older Women

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**Abstract.** The American College of Sports Medicine (ACSM) recommends older adults (OA) spend 30min/5d/wk engaging in moderate intensity physical activity (MVPA). However, OA spend considerable time engaging in low-level activity and little time in MVPA. **PURPOSE:** To determine the efficacy of detailed feedback (FB) to increase OA time spent in MVPA compared to a verbal recommendation (VREC) and control (CON). **METHODS:** Sixty-eight women recruited from senior-based programs for an 8-wk, 3-intervention arm trial, were randomly assigned to 1 of 3 groups: VREC, FB, and CON. Individuals meeting ACSM recommendations were excluded. Participants completed an ACSM recommendation knowledge questionnaire and wore an accelerometer (ACCEL) to monitor 8 weeks of daily physical activity. VREC read/received ACSM recommendations similar to mass media dialogue promoting MVPA and then asked to meet recommendations by the 8-wk point. No additional information was provided. FB walked 3 d/wk on a monitored indoor walking track, and on their own 2 d/wk. FB received all VREC procedures, received MVPA walking instruction (HR monitored) and weekly ACCEL feedback (time spent in MVPA and MVPA goals). CON continued their normal activities for 8- wks. **RESULTS:** Analysis includes descriptive, frequencies, and multivariate analysis of variance. **CONCLUSIONS:** Detailed feedback *will* successfully increase the amount of time older adults spend in MVPA. VREC and CON *will not* exhibit a significant increase in MVPA.