Benefits and Challenges of Physical Activity on Health

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Headlines

• WHO: Physical Inactivity = 4\textsuperscript{th} highest cause preventable death (Hypertension/Tobacco/Diabetes)

• 28% Adults in UK are completely inactive
Benefits of Exercise

• Physical wellbeing: Reduction in Diabetes, Asthma, IHD, Obesity, Osteoporosis

• Mental wellbeing: Serotonin increase, sociable

• Social wellbeing: Values, Learn to win/lose, teamwork, (eg through school and club environments)
Changing Policies to Increase Physical Inactivity

1. UK Parliament
2. The National Institute for Health and Care Excellence (NICE)
3. Public Health England (PHE)
4. RCP (Royal College of Physicians)
5. RCS (Royal College of Surgeons)
6. Scottish Physical Activity & Health Alliance
7. Macmillan Cancer
8. Faculty of Sport and Exercise Medicine (FSEM)
9. Others…Change4Life, UK Active, Motivate2Move, Way To Wellness
Barriers To Exercise

• Time (WHO 1 hour moderate exercise/day OR x3 20sec bursts)
  Easy exercise: walk/cycle/swim
• Facilities: school sports grounds, gyms, pools, specialist centres
• Cost: Clothes/Kit
• MAMILs!!
• Aesthetics (Gyms)
Managing potential risks of exercise

- Concussion: Rugby/contact sports/boxing
- Impact: Back/hips/knees/ankles
- Cardio-vascular
- Endurance/ Ultra-endurance Sports: overtraining, stress fractures, amneorrhoea, disordered eating
- Adolescents: weight training, nutrition, apophysitis
Impact of elite sport

• Role Models: Good/Bad? (diving/biting/spitting)
• Managing injury
• Stress / pressure
• Burnout
• Equipment/Clothing advances (e.g. head gear/shoulder pads)
• Capturing national enthusiasm...high profile Sports: Cycling/Rowing/Triathlon
What can we influence?

How can we all build on the benefits and manage the barriers and risks of physical activity so that more people take part more often?

Thank you