

EXERCISE IS MEDICINE WEEK



BE ACTIVE. BE HEALTHY. BE HAPPY

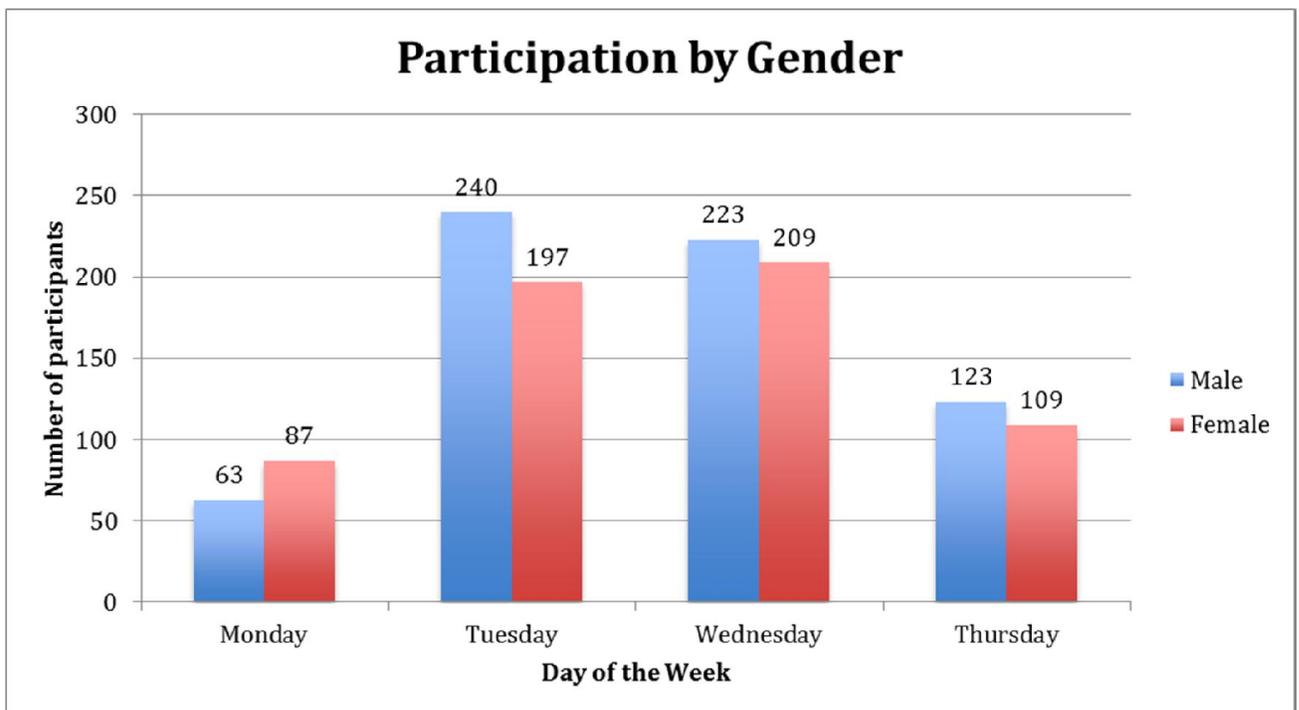


PREPARED BY RONALD GREEN, SHANNON LARSON AND THE PHYSICAL ACTIVITY AND PUBLIC HEALTH LAB UNDER THE DIRECTION OF MELISSA BOPP.

EXERCISE PARTICIPANTS MEASURED BY OBSERVATION

RECORDED PARTICIPANTS EACH DAY

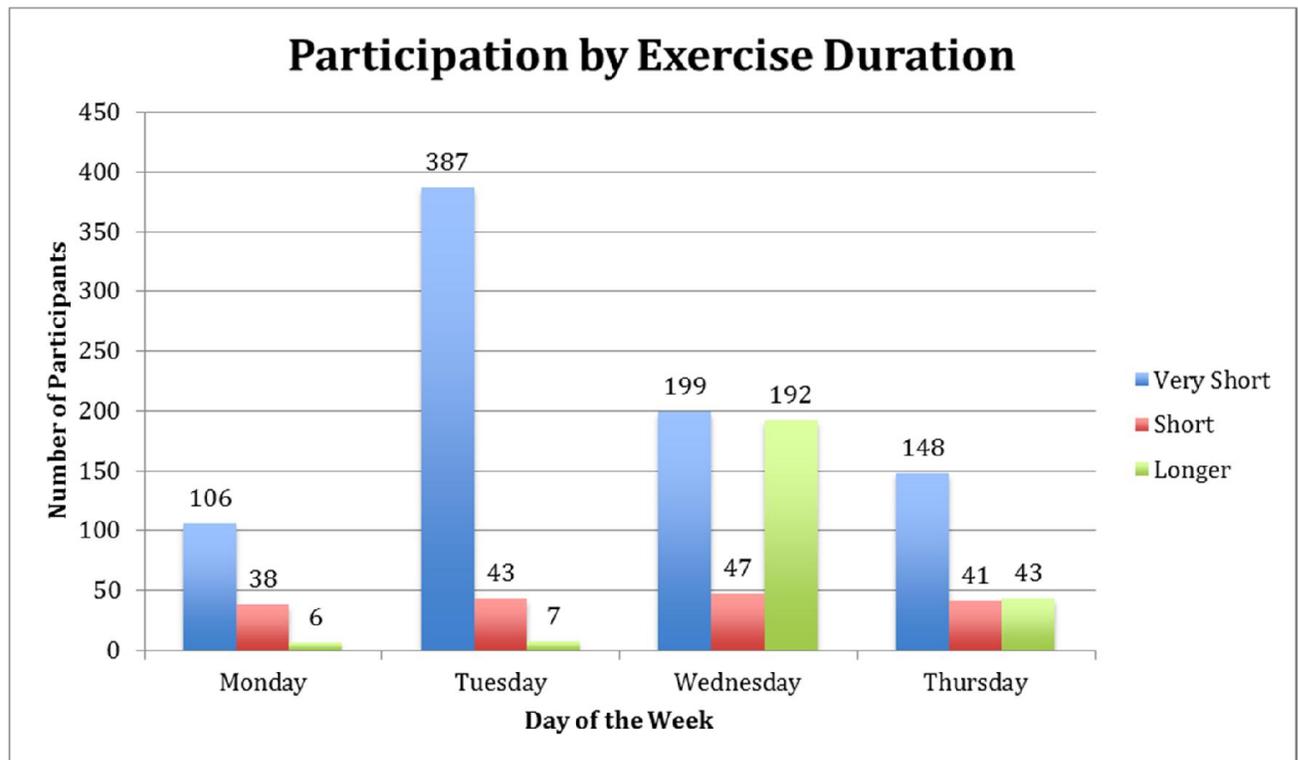
- ON MONDAY, A TOTAL OF 150 PEOPLE PARTICIPATED IN EIM WEEK. THE DEANS WALK ALSO TOOK PLACE ON MONDAY.
- ON TUESDAY, A TOTAL OF 437 PEOPLE PARTICIPATED IN EIM WEEK. THE HIGHER NUMBER OF PARTICIPANTS WAS DUE TO RUNNING LADDERS ALONG THE LIFE SCIENCES GATEWAY, ALLOWING FOR QUICK AND EASY PARTICIPATION.
- ON WEDNESDAY, A TOTAL OF 432 PEOPLE PARTICIPATED IN EIM WEEK. HIGHLIGHTS FOR THE DAY INCLUDED DR. GOTTSCHALL LEADING A BIG GROUP EXERCISE, WHICH ACCOUNTED FOR ELEVATED PARTICIPATION FOR THE LONGER DURATION EXERCISE.
- ON THURSDAY, A TOTAL OF 232 PEOPLE PARTICIPATED IN EIM WEEK.



EXERCISE PARTICIPANTS MEASURED BY OBSERVATION

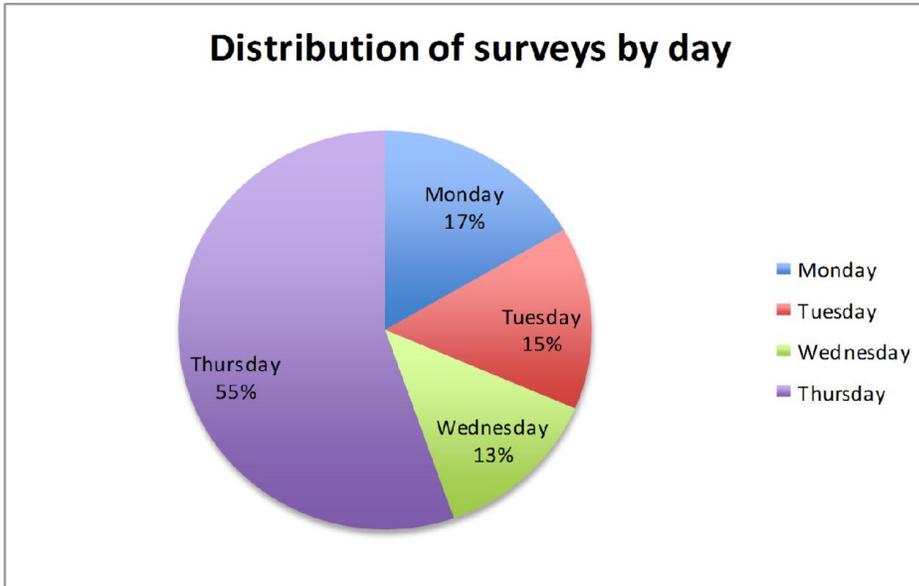
RECORDED PARTICIPANTS ENGAGING IN DIFFERENT DURATIONS OF EXERCISE

- VERY SHORT DURATION EXERCISE LASTED FOR LESS THAN ONE MINUTE. COMPLETING A TASK SUCH AS 10 JUMPING JACKS, SQUATS OR PUSHUPS WOULD FALL UNDER THIS CATEGORY
- SHORT DURATION EXERCISE WAS DEFINED AS AN ACTIVITY THAT LASTED FROM 2-5 MINUTES. MULTIPLE SETS OF AN EXERCISE OR A SHORT BIKE RIDE FELL UNDER THIS CATEGORY.
- LONGER DURATION EXERCISE WAS DEFINED AS AN ACTIVITY THAT LASTED FOR MORE THAN 5 MINUTES. A LONGER BIKE RIDE, OR MULTIPLE SETS OF MORE THAN ONE EXERCISE WERE COUNTED UNDER THIS CATEGORY.



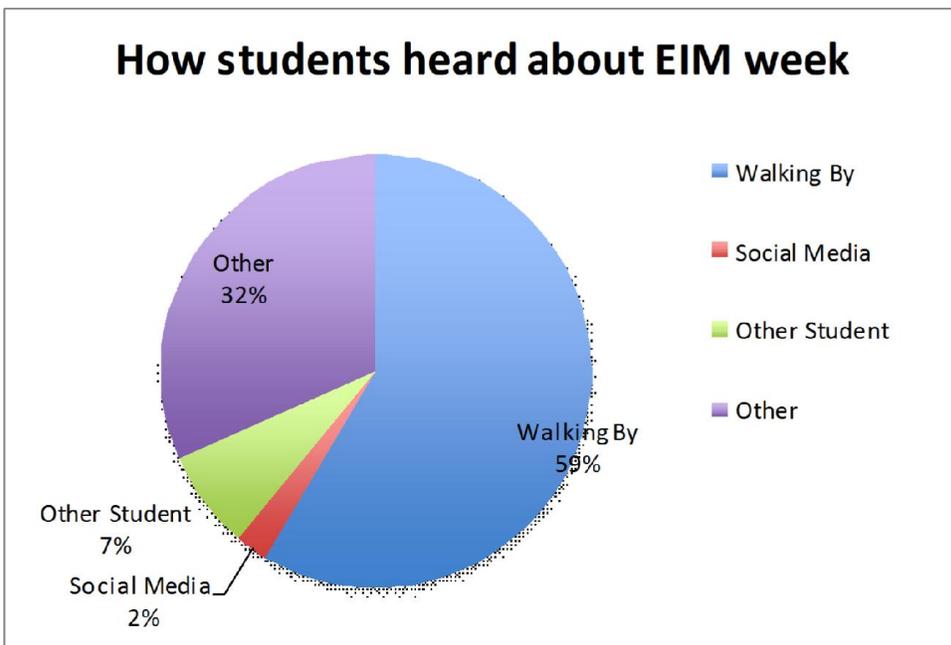
STUDENT SURVEYS

SURVEY DISTRIBUTION



MOST SURVEYS (55%) WERE DISTRIBUTED ON THURSDAY. THIS WAS A RESULT OF BETTER ADVERTISEMENT OF THE POSSIBLE PRIZES

HOW STUDENTS HEARD ABOUT EIM WEEK

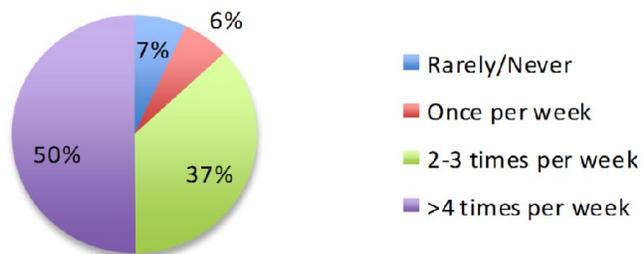


MOST STUDENTS (59%) HEARD ABOUT EXERCISE IS MEDICINE WEEK FROM WALKING BY

STUDENT SURVEYS

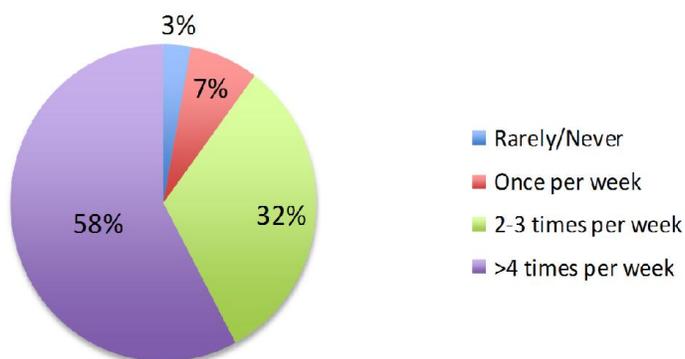
STUDENT EXERCISE HABITS

Frequency of vigorous exercise lasting 20 minutes



- 50% OF STUDENTS REPORTED THAT THEY PARTICIPATE IN VIGOROUS EXERCISE LASTING AT LEAST 20 MINUTES, FOR 4 OR MORE DAYS A WEEK

Frequency of moderate exercise lasting 30 minutes



- 58% OF STUDENTS REPORTED THAT THEY PARTICIPATE IN MODERATE EXERCISE LASTING AT LEAST 30 MINUTES, 4 OR MORE DAYS A WEEK

STUDENT SURVEYS

REPORTED FACILITATORS OF PHYSICAL ACTIVITY

- PHYSICAL FITNESS
 - STRESS REDUCTION
 - FUN/ENJOYMENT
 - PHYSICAL APPEARANCE
 - MALES MORE OFTEN REPORTED ENJOYMENT AS A FACILITATOR WHILE FEMALES MORE OFTEN REPORTED PHYSICAL APPEARANCE AS A FACILITATOR
-

REPORTED BARRIERS OF PHYSICAL ACTIVITY

- TIME
- MOTIVATION
- TIME WAS THE MOST REPORTED BARRIER - 74.9% OF PARTICIPANTS REPORTED IT AS A BARRIER TO PHYSICAL ACTIVITY



PEDOMETERS

HOMECOMING PARADE

- A TOTAL OF 1500 PEDOMETERS WERE DISTRIBUTED DURING THE HOMECOMING PARADE
 - THREE CLUBS DISTRIBUTED THEM— STATE HIGH, PENN STATE EMS, AND THE EBERLY COLLEGE OF SCIENCE STUDENT COUNCIL
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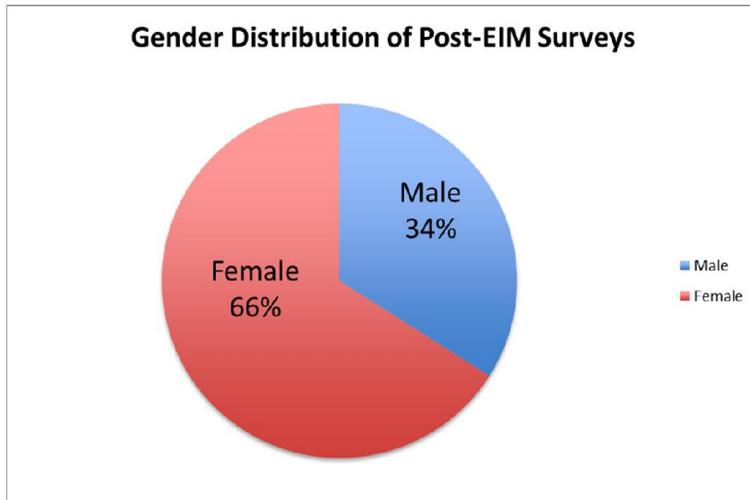
PEDOMETER DISTRIBUTION

- THE REMAINING 1500 PEDOMETERS WERE DIVIDED EVENLY BETWEEN THE 4 DAYS.
- ANYONE WHO PARTICIPATED IN AN ACTIVITY WAS GIVEN A PEDOMETER AS A REWARD
- ZERO PEDOMETERS WERE REGISTERED THIS YEAR ON THE WEBSITE (PENNSTATEEIM.WEEBLY.COM).



1 WEEK POST-EIM WEEK SURVEYS

GENDER DISTRIBUTION



- 150 POST-EIM SURVEYS WERE RANDOMLY DISTRIBUTED. OF THOSE 150, 66% WERE FEMALES AND 34% WERE MALES

OTHER DATA COLLECTED FROM POST-EIM SURVEYS

- OF THE 150 RANDOM SUBJECTS THAT COMPLETED THE SURVEY, 58 PEOPLE (38.6%) HAD HEARD ABOUT EIM WEEK
- MOST PEOPLE HEARD ABOUT EIM WEEK THROUGH ON CAMPUS ACTIVITIES, NOT THROUGH MESSAGES ENCOURAGING EXERCISE
- OF THE 58 PEOPLE WHO HAD HEARD ABOUT EIM WEEK, THE FOUR MOST REPORTED MAJORS WERE KINESIOLOGY (18), BIOLOGY (6), UNDECIDED (6), AND BBH (5).

