Feasibility of a group intervention to reduce sitting time in people with cardiovascular disease

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Brief outline of project
Sitting is a hot topic, with recent media reports stating that ‘sitting is the new smoking’ in terms of public health risk. The more that we sit, the higher our risk of developing chronic disease such as type 2 diabetes, cardiovascular disease, and some cancers, no matter how much moderate to vigorous intensity physical activity we do. Sitting for prolonged periods has been shown to be worse than breaking up the sitting with small bursts of low intensity activity. Studies are emerging which describe sedentary behaviours (sitting) in children and adults, but we currently do not know how much time people with existing cardiovascular disease sit, what types of activities they are doing, and whether we can reduce their sitting time. The aim of this study is to test the feasibility of a group intervention to reduce sitting time in people with cardiovascular disease.

Key references


Location of Project
Health Sciences Building, Repatriation General Hospital, Daw Park