

WHO GUIDELINES ON **PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR**



World Health
Organization

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ABBREVIATIONS AND ACRONYMS

ADHD	attention deficit hyperactive disorder
AOR	adjusted odds ratio
BMI	body mass index
CI	confidence interval
CVD	cardiovascular disease
DBP	diastolic blood pressure
EtD	Evidence to Decisions
GDG	Guideline Development Group
GRADE	Grading of Recommendations Assessment, Development and Evaluation
HR	hazards ratio
MET	Metabolic Equivalent of Task
MD	mean difference
MICT	moderate intensity continuous training
NCD	noncommunicable disease
OR	odds ratio
PA	physical activity
PAGAC	United States Physical Activity Guidelines Advisory Committee
PI/ECO	Population, Intervention/Exposure, Comparison, Outcome
RaR	Relative attributable risk
RCT	randomized control trial
RR	relative risk
SBP	systolic blood pressure
SMD	standardized mean difference
SPPB	short physical performance battery
TV	television
WHA	World Health Assembly
WHO	World Health Organization

GLOSSARY OF TERMS

Term	Definition
Aerobic physical activity	Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity – also called endurance activity – improves cardiorespiratory fitness. Examples include walking, running, swimming, and bicycling.
Anaerobic physical activity	Anaerobic physical activity consists of brief intense bursts of exercise, such as weightlifting and sprints, where oxygen demand surpasses oxygen supply.
Balance training	Static and dynamic exercises that are designed to improve an individual's ability to withstand challenges from postural sway or destabilizing stimuli caused by self-motion, the environment, or other objects.
Body mass index (BMI)	$\text{Weight (kg)} / \text{height (m)}^2$
BMI-for-age or BMI z-score	BMI adjusted for age, standardized for children. BMI standard deviation scores are measures of relative weight adjusted for child age and sex. Given a child's age, sex, BMI, and an appropriate reference standard, a BMI z-score (or its equivalent BMI-for-age percentile) can be determined.
Bone-strengthening activity	Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. Bone-strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities.
Cardiometabolic health	The interplay of blood pressure, blood lipids, blood glucose and insulin on health.
Cardiorespiratory fitness (endurance)	A health-related component of physical fitness. The ability of the circulatory and respiratory systems to supply oxygen during sustained physical activity. Usually expressed as measured or estimated maximal oxygen uptake ($\text{VO}_2 \text{ max}$).
Cognitive function	Cerebral activities, i.e. reasoning, memory, attention, and language that lead to the attainment of information and knowledge. This can also include learning.
Disability	From the International Classification of Functioning, Disability and Health, an umbrella term for impairments, activity limitations, and participation restrictions, denoting the negative aspects of the interaction between an individual (with a health condition) and that individual's contextual factors (environmental and personal factors).
Domains of physical activity	Physical activity levels can be assessed in various domains, including one or more of the following: leisure-time, occupation, education, household and/or transportation.
Exercise	A subcategory of physical activity that is planned, structured, repetitive, and purposeful in the sense that the improvement or maintenance of one or more components of physical fitness is the objective. "Exercise" and "exercise training" frequently are used interchangeably and generally refer to physical activity performed during leisure time with the primary purpose of improving or maintaining physical fitness, physical performance, or health.

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