

healthyhorns issues brief

Physical Activity

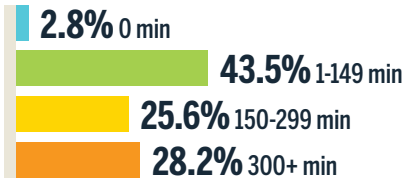
FALL 2023

Weekly Engagement in Physical Activities



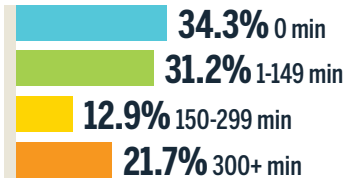
Aerobic Exercise and Strength Training (minutes/days in the past week)

Moderate intensity aerobic



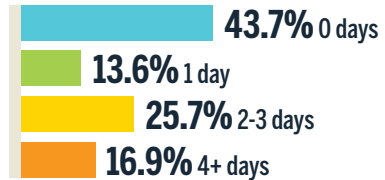
Require medium effort, increase heart rate, and induce sweating (e.g., brisk walking, yard work, etc.). Most people can speak, but not sing, their favorite song.¹

Vigorous intensity aerobic



High-intensity, substantially increase heart and breathing rate (e.g., running, interval training, etc.). Most people find it difficult to say more than a few words in a row without pausing for a breath.¹

Muscle-strengthening

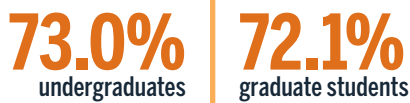


Exercises that strengthen or tone muscles (e.g., weightlifting, resistance band work, push-ups, sit-ups, etc.).¹

Met Physical Activity Guidelines¹

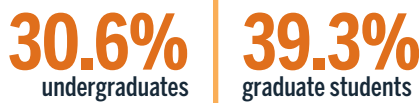
Aerobic activity only

150 minutes of moderate-intensity OR
75 minutes of vigorous-intensity activity per week



Aerobic and muscle-strengthening activity

Met aerobic activity guidelines AND
2+ days of muscle-strengthening activities per week



Participation in Organized College Athletics



Physical Activity and Well-being

Students who met aerobic activity guidelines:

Report greater psychological well-being

Greater resilience, sense of purpose and optimism^{2,3}
Lower psychological distress and overall stress levels in the past 30 days⁴

Report better sleep quality

More likely to get enough sleep to feel rested, fall asleep more quickly
Less likely to feel sleepy or tired during the day

¹ U.S. Department of Health and Human Services. Physical activity guidelines for Americans, 2nd ed. Washington, DC: U.S. Dept of Health and Human Services; 2018.

² Diener E, Wirtz D, Tov W, et al. New measures of well-being: Flourishing and positive and negative feelings. Soc Ind Res. 2009;39: 247-66.

³ Vaishnavi S, Connor K, Davidson JR. An abbreviated version of the Connor-Davidson Resilience Scale (CD-RISC), the CD-RISC2: Psychometric properties and applications in psychopharmacological trials. Psych res. 2007;152(2-3):293-7.

⁴ Kessler RC, Andrews G, Colpe LJ, et al. Short screening scales to monitor population prevalences and trends in non-specific psychological distress. Psychol Med. 2002;32(6):959-976.

healthyhorns

University Health Services
Counseling and Mental Health Center
Longhorn Wellness Center
Division of Student Affairs

Data source is 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).

FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023. Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.

