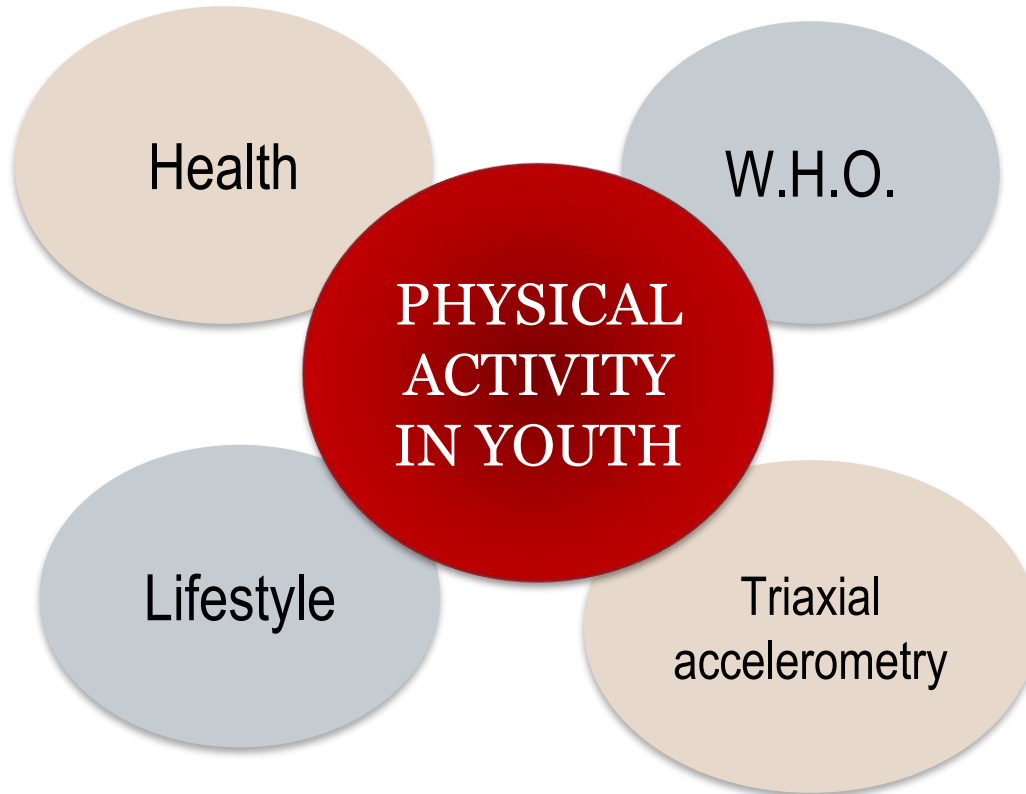


PHYSICAL ACTIVITY LEVEL AND SEDENTARY BEHAVIOUR AMONG HEALTHY SCHOOLCHILDREN IN SPAIN MEASURED BY TRIAXIAL ACCELEROMETRY

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Introduction:



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Methods:

316 healthy children (166 boys), enrolled in **8** educational centers of Spain:



Accelerometry

- Actigraph GT3X
- 8 days
- Epoch 1 seg.
- Record sheet
- Evenson et al.
- Actilife 6.11



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Results:

54.4 min/day MVPA



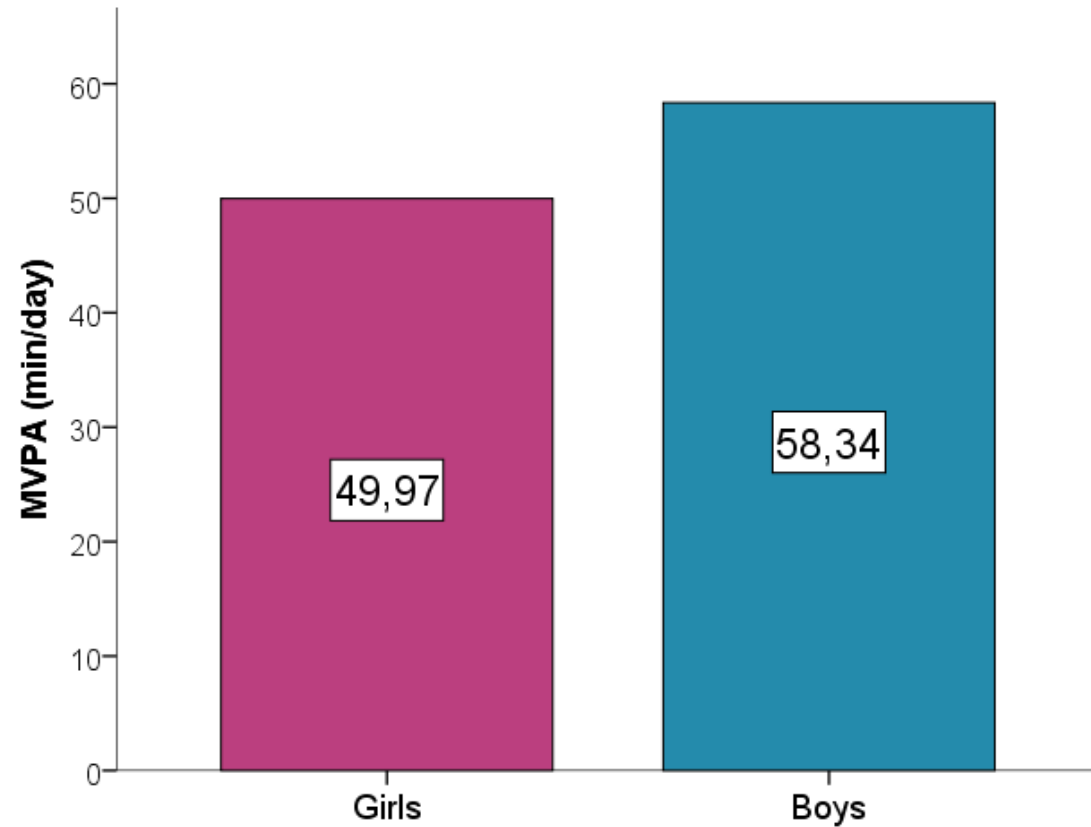
37.7%



9119



9865





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Conclusion:

- A high percentage (> 60%) of Spanish schoolchildren **do not meet** PA and daily steps recommendations.
- Boys are slightly **more active** than girls.
- Children spent most of their time in sedentary activities and light PA (passive recreation).
- Spanish government should consider launching campaigns against sedentary behaviour in schools in order to increase MVPA daily level.

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