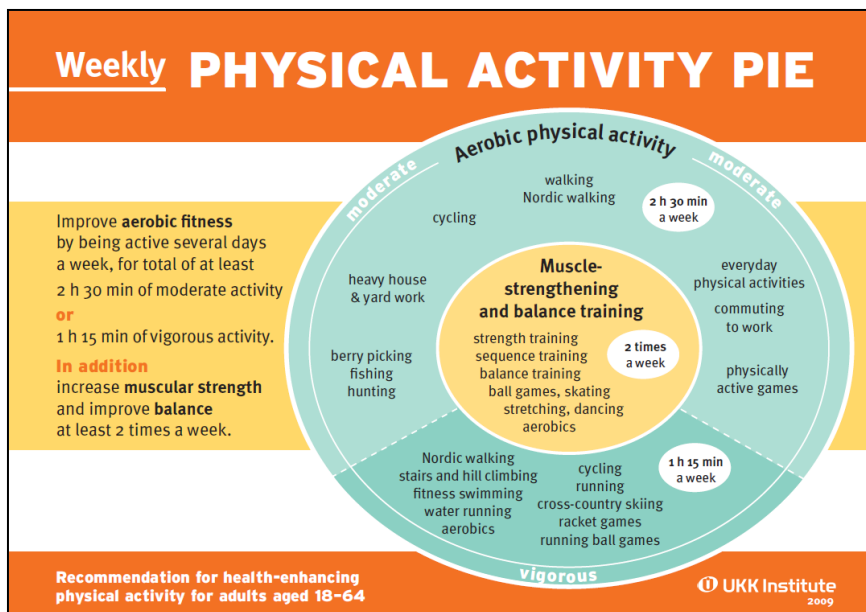


# Pro Commuting Physical Activity!

## - Commuting Physical Activity Promotion Intervention of City of Turku 15.2.2013-15.11.2014

### Abstract

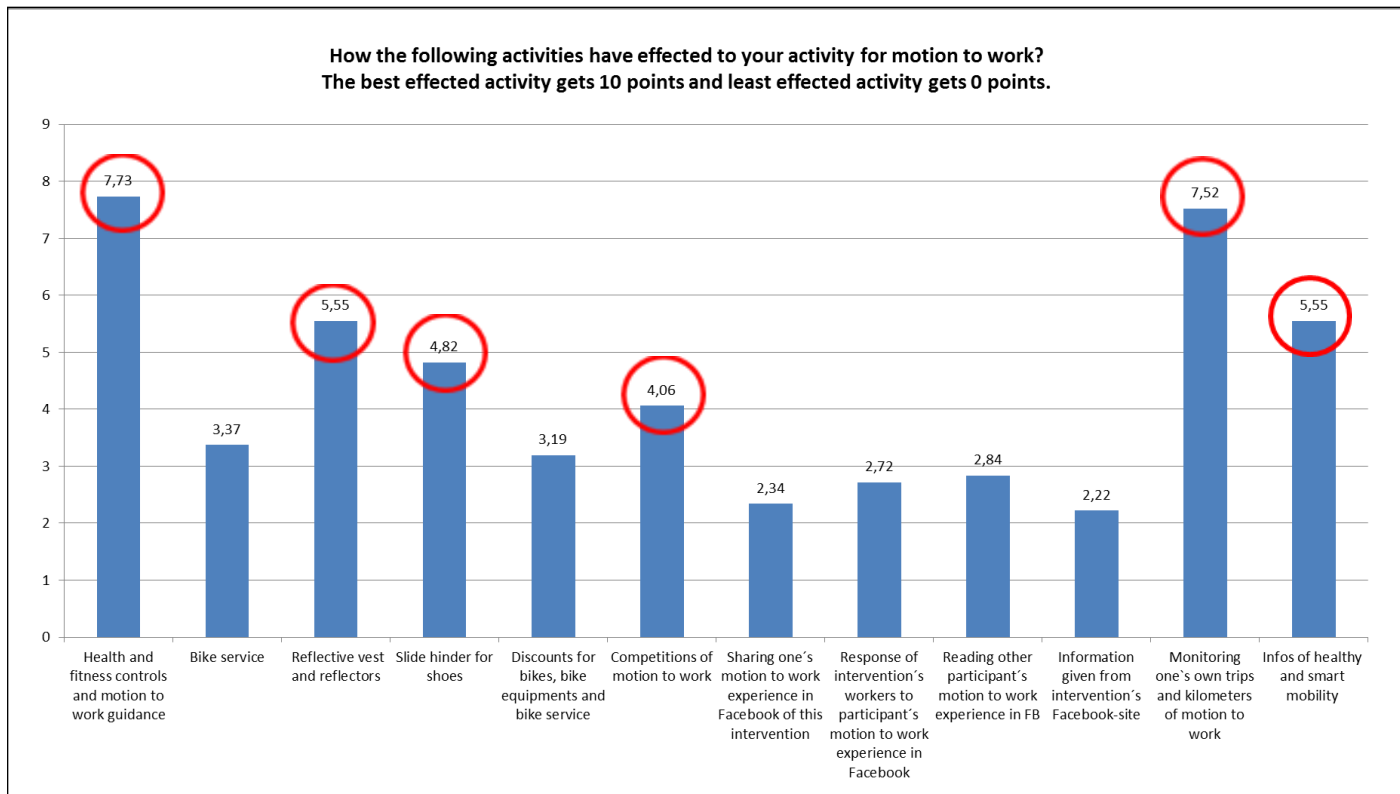
Nowadays only 11 % of Finnish working-age people (18-64 years old) fulfill weekly physical activity recommendations. According to recommendations health is promoted by moderate-intensity aerobic physical activity of at least 10 minutes that accumulates throughout a week to a total of at least 2 h 30 min per week. An alternative is more-demanding, vigorous-intensity aerobic physical activity with an accumulation of at least 1 h 15 min per week. In addition, everyone needs muscle-strengthening and balance training at least twice a week. The one main goal of the intervention was to fulfill weekly physical activity recommendation at 60 % of the participants. Another main goal was to decrease 50 % the participants' absence days from work due to illness.



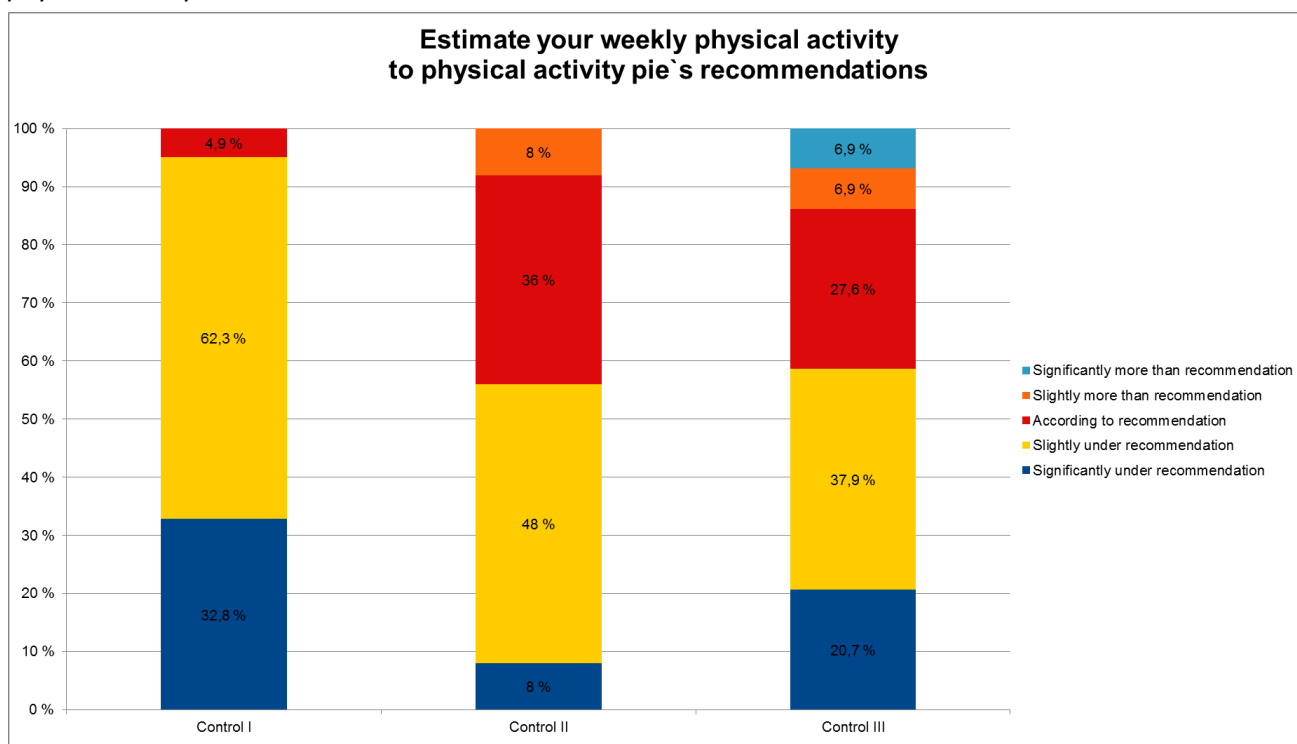
Participants (63 employees) were selected to this intervention with help of commuting questionnaire which was pointed to all employees (12 000 persons) of the city of Turku. Selected participant were physically passive or inadequate physical active. Participants' main mode of transport to work was not walking or cycling before intervention. Participant had also chance to increase weekly physical activity through commuting physical activity. Participants were chosen from 467 employees, who were willing to take apart to this intervention. This corresponded to 31 % of all questionnaires filled 1497 employees.

In final results of intervention one has used given answers of participants, which is got 40-63 each (=sample size) depending from method and meter.

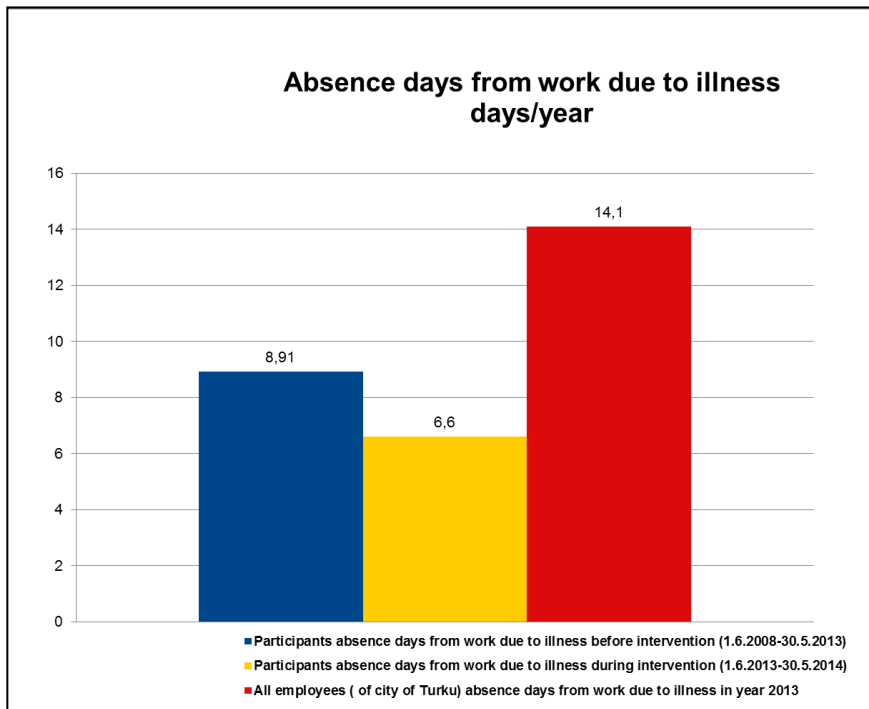
According to final results intervention's five most effecting activities for activation and motivation toward commuting physical activity were: 1. health and fitness controls and commuting physical activity guidance (based on participant's health and fitness control), 2. monitoring one's own trips and kilometers of commuting physical activity. 3. reflective vest and reflectors, infos of healthy and smart mobility (these activities had same rating from participants), 4. slide hinder for shoes and 5. competitions of commuting physical activity.



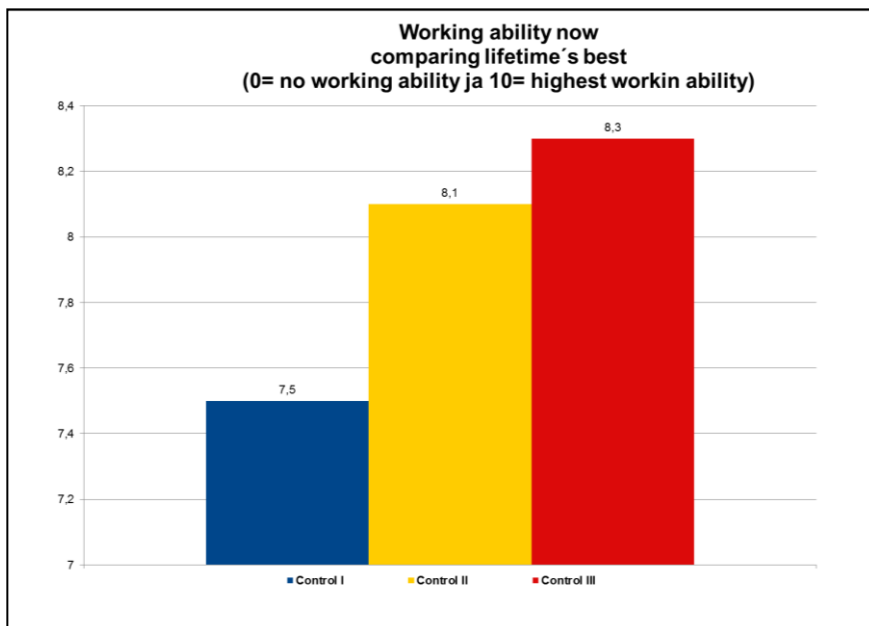
The cost of the activities of commuting physical activity were at this interventions approximately 150€/participant/year, which equals on average costs of one parking lot of a car per month in the city center of Turku. According to intervention's final results 41,4 % of the participants fulfilled the weekly physical activity at the end of the intervention.



Participants` absence days from work due to illness decreased on average 26 % (8,91 days->6,6 days/year, in other words 2,31 days). This means approximately 810 €/participant/year. Cost of one absence day from work due to illness is approximately 350 €.

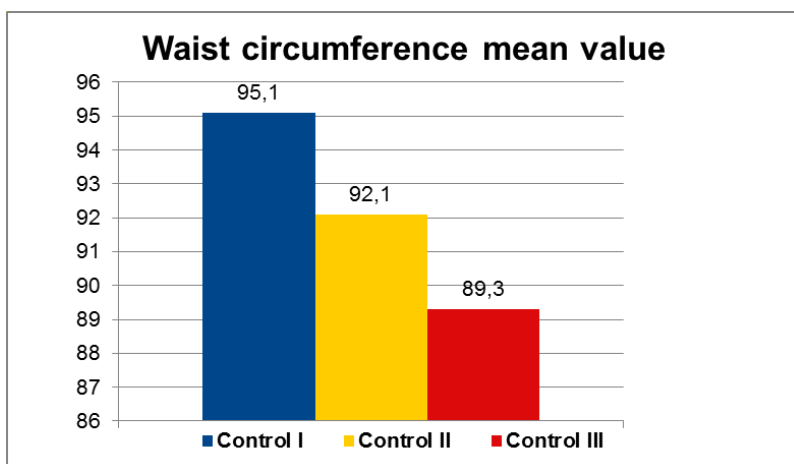
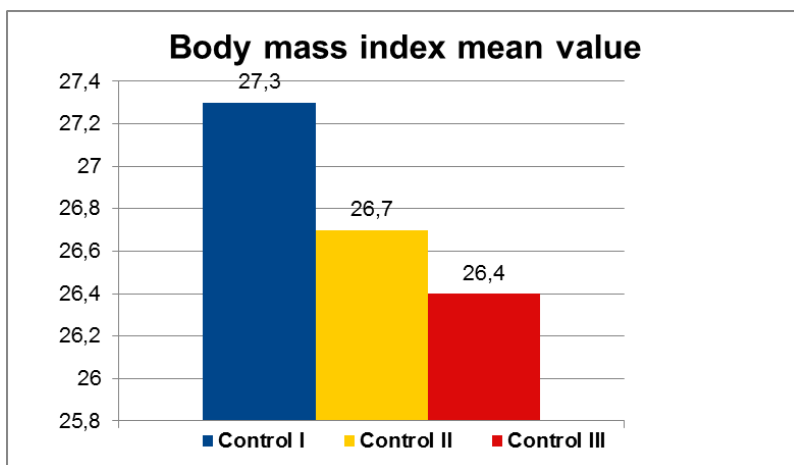
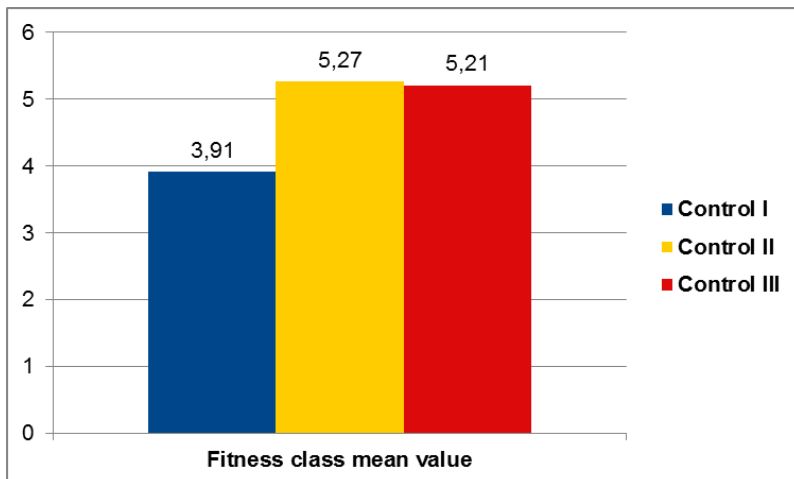


In addition participants` activity, working ability and aerobic fitness improved, body mass index and waist circumference reduced.



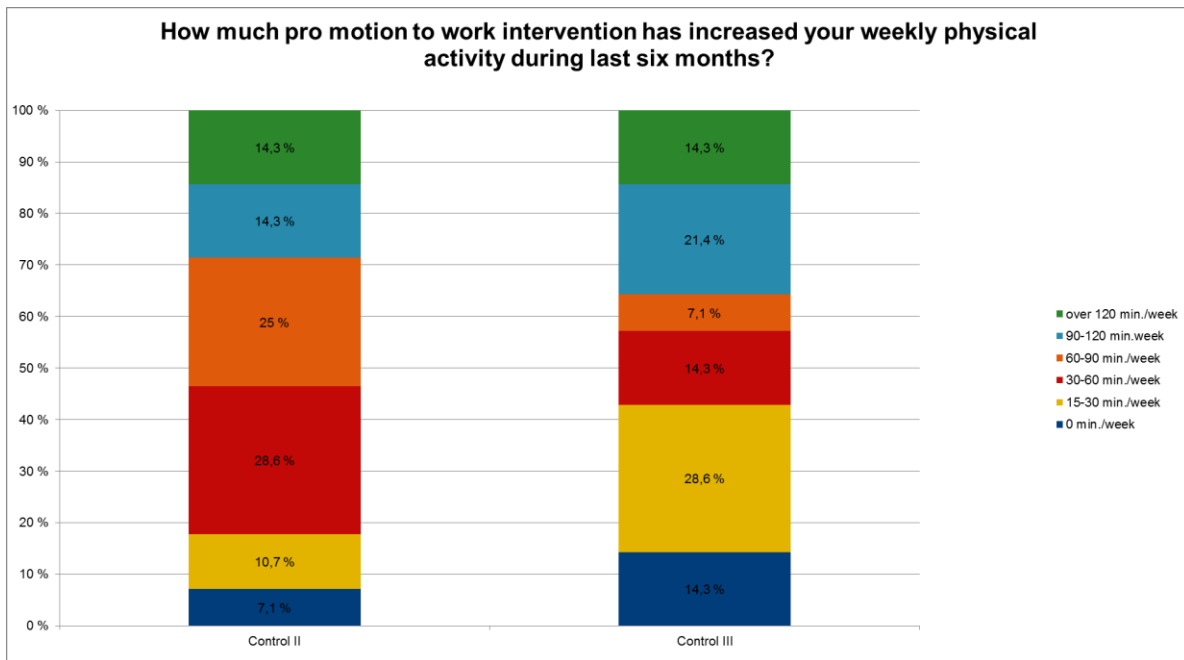
Fitness class is a useful reference when interpreting the individual fitness test results. Because cardiovascular health is related to aerobic fitness:

- The people in classes 1-3 would most probably obtain many health benefits and improve their fitness by starting regular exercise.
- Those in class 4 should at least maintain their exercise habits to ensure better health. However, increase in exercise is recommended for fitness improvement.
- The people in classes 5-7 most probably already have good health, and their exercise increase targets to improve their performance.



During last six months (control III)

- 85,7 % of participants increased their weekly physical activity at least 15-30 minutes.
- 57,1 % of participants increased their weekly physical activity at least 30-60 minutes.
- 42,8 % of participants increased their weekly physical activity at least 60-90 minutes.



According to these results and positive experience of intervention's execution one can say that commuting physical activity is very profitable and is very desirable way to promote health, fitness, working ability and healthy and physical active lifestyle of employees of city of Turku. Biggest advantages of commuting physical activity activities are fast commissioning, inexpensiveness and all-round benefits.

Intervention was funded by city of Turku, Fit for Life Program and Finnish Transport Agency.



More information from intervention gives:

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