ABSTRACT

THESIS: Active Living Every Day Pedometer Feedback Based Physical Activity Intervention.

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PAGES: 102

To demonstrate the dissemination of the Active Living Every Day (ALED) physical activity (PA) intervention program through a healthcare provider recruitment format. A total of 15 subjects were recruited from Delaware Co., IN and attended 6 mandatory visits over a 16-week period. After completion of baseline PA and risk factor profiles, patients were given the 12-week ALED program. PA was monitored using Omron HJ720-ITC pedometers. Reassessment of all PA and risk factor profiles were performed post intervention. No significant changes were observed for mean PA or percentage of time spent performing sedentary activities. Preliminary results suggest a healthcare provider delivery format is not an effective means for the recruitment of sedentary adults. Further subject recruitment is needed to draw conclusions on the effectiveness of the ALED program to increase PA and affect corresponding risk factor profiles.