ABSTRACT

THESIS: The Effectiveness of Jawbone Monitors in Decreasing Sedentary Behavior in Adults

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Despite the overwhelming evidence that regular PA provides numerous health benefits and a preventative role in chronic disease, SB has been shown to be an independent risk factor for the development of chronic diseases. Currently, there are attempts to try to reduce population-based SB. Consumer-based PA monitors may have potential to help individuals reduce SB and increase PA. Therefore, the purpose of this study aimed to determine if time spent in PA, SB, and number of breaks in SB was different if wearing the Jawbone UP24 and receiving haptic feedback compared to when no haptic feedback was provided. The current study determined that wearing the Jawbone UP24 monitor did elicit significant changes in the number of breaks in SB. Therefore, haptic feedback from a PA monitor has the ability to cause short-term behavioral modifications in regards to SB.