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Title: Interventions targeting sedentary behavior in non-working older adults: a systematic review

Authors: Justin Avery Aunger, Paul Doody, Carolyn Anne Greig



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Interventions targeting sedentary behavior in non-working older adults: a systematic review

Authors:

Corresponding Author:

Mr. Justin Avery Aunger
School of Sport, Exercise, and Rehabilitation Sciences
University of Birmingham
B15 2TT
United Kingdom
j.aunger@bham.ac.uk

Mr. Paul Doody
School of Sport, Exercise, and Rehabilitation Sciences
University of Birmingham
B15 2TT
United Kingdom
p.d.doody@bham.ac.uk

Dr. Carolyn Anne Greig
School of Sport, Exercise, and Rehabilitation Sciences
University of Birmingham
B15 2TT
United Kingdom
c.a.greig@bham.ac.uk

Highlights

- There are few interventions to reduce sitting time in older adults.
- Studies of such interventions have been of low methodological quality and have had small sample sizes.
- Studies have not assessed the impact of reduced sitting on health and function.
- A reduction in sitting of 1hr/day may be achievable in older people's daily lives.
- It is not clear how long the achieved degree of behaviour change persists.

Abstract

Sedentary behavior has been found to be associated with negative health outcomes independently of physical activity in older adults. This systematic review collates

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