

Media Release

For immediate release
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Walk your way to health

Exercise psychologists believe that a focus on walking as a key mode of activity can help to increase physical activity levels in the population and thus improve physical and mental health.

Prof. Nanette Mutrie, University of Strathclyde, Glasgow, Scotland, will discuss the important role of exercise psychologists in increasing the percentage of people who are physically active, at the ISSP 11th World Congress of Sport Psychology in Sydney this week.

“Physical inactivity has become a central topic in public health and is attracting attention from international agencies,” says Mutrie. “The obesity epidemic that has hit the western world has highlighted the need to know how to increase activity levels”

Research has shown that over 90 per cent of the population believe that physical activity has numerous health benefits but 66 per cent are not doing sufficient activity to meet current expectations.

The gap between positive attitudes and actual behaviour is a challenge. How can exercise specialists, health promoters, government and national agencies effectively intervene to close this gap?

“What is now understood is that sport will not solve the problem of inactivity. ‘Active living’ such as walking and climbing stairs instead of using lifts, is accessible to all and is capable of overcoming many barriers to inactivity,” according to Mutrie. “Research supports the use of walking as the most likely mode of activity to appeal to the inactive segment of the population, but much has still to be done on how to promote it.”

“While the use of pedometers over recent times has become very popular, studies show that their use has few long term effects. Further research into how to use them to increase walking as well as into walking behaviour itself is a challenge for exercise psychologists.”

- ends -

Keynote Address: 4 – 5pm, Tuesday 16 August 2005

A full program is available at www.issp2005.com

For further information about the congress, to register for a media pass to attend or to arrange an interview please contact Peter Terry on 0408 007 265

ISSP 11th World Congress of
SPORT PSYCHOLOGY



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