Novel leisure time physical activity: a type II diabetes intervention.

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Physical activity levels are below government recommendations across the developed world. Associated with this is lifestyle disease such as type II diabetes. Much research has been focused on reducing the risk of diabetes and promoting health benefits for those suffering from such lifestyle diseases. Recent evidence suggests that physical activity is associated with a change in markers of insulin resistance even where there is a lack of a change in percentage body fat, therefore strengthening the case for physical activity participation, and promoting a need for interventions which aim to increase physical activity rather than specifically reducing obesity.

Despite this evidence, many physical activity interventions remain socially unacceptable amongst at risk populations, and therefore behaviour maintenance is low. The emphasis must therefore shift to novel physical activity interventions which are socially acceptable. Such approaches have shown promise amongst non-clinical populations. The current research programme thus focuses on the design and testing of a socially acceptable and novel leisure time physical activity intervention driven by health behaviour change theory, with the aim to promote long term physical activity participation in those at risk of type II diabetes. This will be an inter-disciplinary project which includes physiological, biochemical and psychological measures.