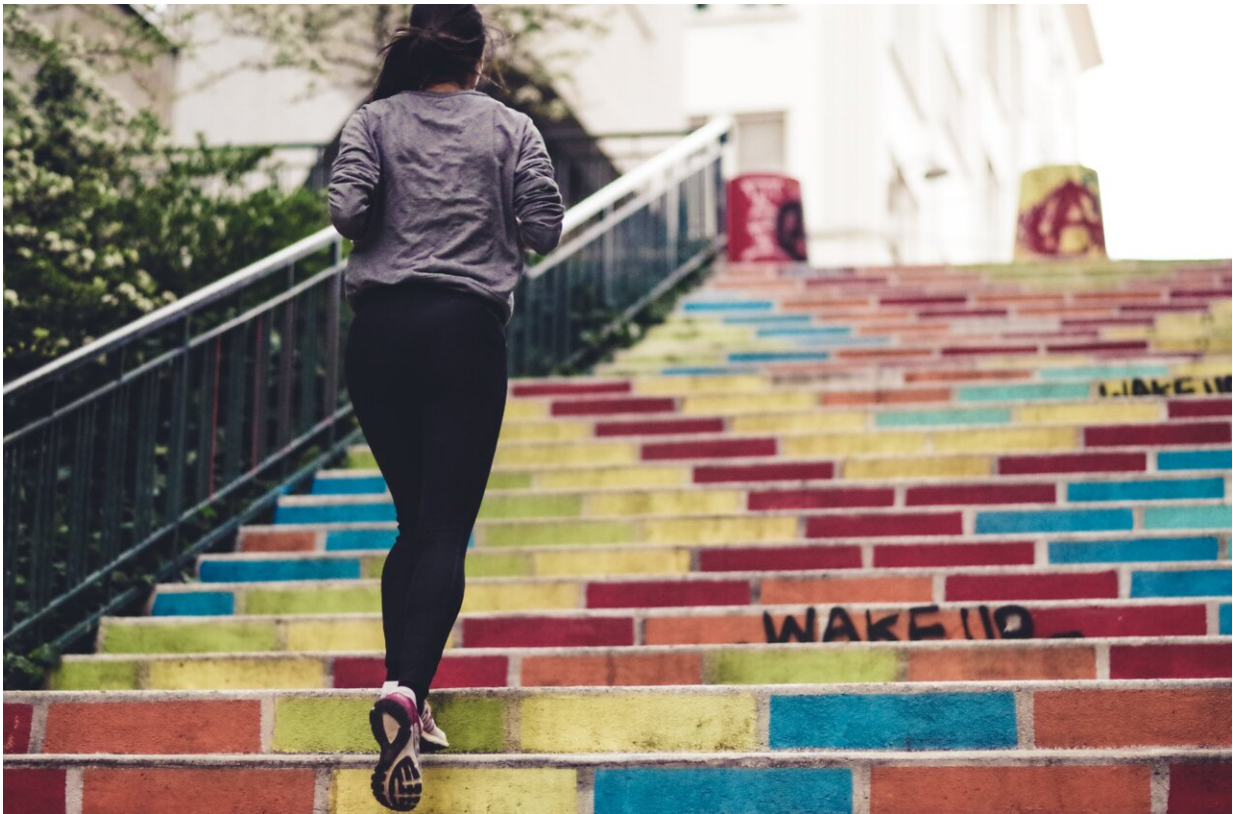


Study pinpoints the length of incidental activity linked to health benefits

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A new wearables study tracking over 25,000 people provides the best evidence yet that short bouts of incidental activity, the kind we do as part of daily living, could reduce risk of heart attack, stroke and even

premature death—but the length of activity and intensity matters.

"From walking up the [stairs](#) to speedily mopping the floors; in recent years we've come to understand that it is not just structured exercise that is good for our [health](#), but we know very little about how these short bouts of incidental activity translate to health benefits," said the study's senior author, Professor Emmanuel Stamatakis from the University of Sydney's Charles Perkins Centre.

In a study published in *The Lancet Public Health* today, a University of Sydney led team of international researchers with collaborators from University College London, University of Glasgow, University of Edinburgh, Loughborough University and University of Oxford set out to answer that question.

They used wrist-worn wearables data from the UK Biobank and machine learning to analyze the seven-day incidental physical activity patterns of 25,241 UK adults aged 42 to 78, down to a 10-second time window. They then linked these physical activity micropatterns with participants' health records, following them for close to eight years to identify how length and intensity of physical activity bouts were linked to [health status](#).

In this cohort of people who self-reported no participation in exercise or sports, they found:

- 97% of incidental physical activity was accrued in bouts lasting

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