

CLSA Webinar Series



Moving More to Breathe Better: Associations Between Physical Activity, Sitting Time, and Lung Function in the CLSA

Dr. Shilpa Dogra, University of Ontario Institute of Technology

12 pm to 1 pm ET | November 22, 2018

Smoking is known to accelerate the age-associated decline in lung function. Evidence suggests that physical activity may attenuate this decline among smokers. However, little work has been done to determine whether physical activity or sitting time are modifiable determinants of lung function. This webinar will present research that used data from the Canadian Longitudinal Study on Aging to assess associations of self-reported movement behaviours (sitting time, walking, different intensities of physical activity and strengthening activities) with lung function in middle-aged and older adults who either reported having an obstructive respiratory disease, or who reported no respiratory disease. Our findings suggest that physical activity and sitting time may be modifiable determinants of lung function and respiratory health among adults with and without respiratory disease.

Dr. Shilpa Dogra is an Associate Professor in the Faculty of Health Sciences (Kinesiology) at the University of Ontario Institute of Technology. Her research expertise is in the area of exercise science, respiratory health and active aging.

Webinars will be broadcast using WebEx.
Further instructions will be sent by email.

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Canadian Longitudinal Study on Aging
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