



Introduction to Topic Selection and Subcommittee Formation

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•ineffable

- \in·ĕf·ə·bəl\ *adj* 1: beyond expression, indescribable.
- Ken struggled to describe the **ineffable** character of physical activity.

“Dimensions” of physical activity



- **Intensity** – rate of energy expenditure
- **Domain** – sleep, leisure-time, occupation, transport, household
- **Type** – soccer, tai chi, resistance, etc.
- **Measurement method** – reported, device measured
- **Others**

Definitions



- **Physical activity:** “Any bodily movement produced by skeletal muscles that results in energy expenditure.”
- **Exercise:** “Exercise is a subset of physical activity that is planned, structured, and repetitive and has as a final or intermediate objective the improvement or maintenance of physical fitness.”
- **Note:** Neither definition includes a requirement for rate of energy expenditure.

Caspersen et al. Public Health Rep 1985;100:126-131.