

DAILY EXPERIENCES AND HEALTH STUDY

Hello!

Welcome to the UPLIFT Health Lab's Spring Newsletter! We have now completed the second year of our Daily Experiences and Health study and would like to extend our immense gratitude and appreciation to all of our participants! Your continuous involvement is incredibly valuable.



What this newsletter will cover:

1. Study Updates
2. Lab Member Spotlights
3. Building Health Habits: The Benefits of Light Physical Activity

UPDATES FROM THE STUDY

RETENTION RATE

WE FINISHED YEAR 2 OF THE STUDY IN NOVEMBER 2023 WITH 202 PARTICIPANTS

80%

of our participants continued from Year 1 to Year 2.

PHYSICAL ACITIVITY

The average amount of moderate-to-vigorous physical activity per day in Y2 was 49 minutes per day but people varied a lot



STRESSORS

On average, people reported **none or one stressful** events per day (Range: 0-4 stressors per day)



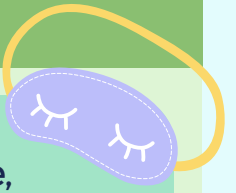
POSITIVE EVENTS

On average, people reported having a **positive experience on more than half of the days** in the study

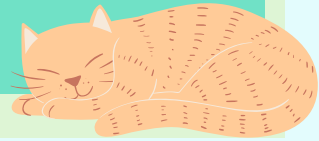
How did people sleep this year?



Data from the sleep watch found that on average, people slept 6.5 hours per night, and it took around 35 minutes to fall asleep after getting into bed.



From the daily surveys, the average sleep quality rating was 6 out of 10, reflecting moderate-to-good sleep quality.



LAB MEMBER SPOTLIGHTS

Gerontological Society of America

Jin, Lydia, Nikki presented at Gerontological Society of America 2023 in November. We reunited with Patrick for his first presentation as an assistant professor!



Nicole Stuart Graduate Student

Nikki submitted a DEH paper to the journal of Psychosomatic Medicine in February and presented at the American Psychosomatic Society in March 2024.



UNDERGRAD PROJECTS USING DEH DATA



Zoe Dong

Zoe is examining how social support might alter the relationship between subjective age and memory.



Alice Luan

Alice is examining the day-to-day variability in stress and attention and if it differs based on education level.



Amy Morales-Arellano

Amy is examining age differences in the relationship between depression and working memory.

GRADUATING UNDERGRAD RAs



Eshana Mishra



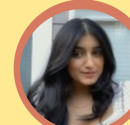
Amy Morales-Arellano



Daria Hammond



Brishk Manzoor



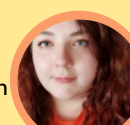
Karen Johal



Scott Weber



Elisabeth Herrington



Faith Vaughan



Cecilia Liu

New research: How does your sleep affect your expectations of future stressful and positive experiences



Jin Wen
Graduate Student

Jin recently published a paper in the journal of Psychosomatic Medicine that used data from both the daily surveys and sleep watch. Nightly sleep affects many aspects of our daily lives, including how we experience stress and positive experiences. For example, **people are more likely to say they experienced a stressful event following a night of poor sleep.** One explanation for this may be that sleep may affect our expectations for the day in the morning, which then carries into our experiences later that day. In the DEH study, **after nights of better or longer sleep (compared to a person's typical sleep), people wake up expecting a less stressful and more pleasant day ahead.** These findings suggest that **sleep influences our expectations for the upcoming day**, which in turn, might contribute to different thoughts and behaviours related to stressful or positive events.

SMALL STEPS WITH BIG BENEFITS: THE BENEFITS OF LIGHT PHYSICAL ACTIVITY

WHAT IS LIGHT PHYSICAL ACTIVITY?

Light-intensity physical activity (LPA) refers to mild and easy going movements which do not noticeably elevate your heart rate or result in sweating.



These often include movements related to everyday life, such as housework, gardening, stretching, or light walking.



WHY LPA IS IMPORTANT: ACCESSIBLE & INCLUSIVE WELLNESS

Most health guidelines focus on getting enough moderate-to-vigorous intensity physical activity (MVPA), such as jogging, swimming, playing sports, or biking. However, MVPA may not be accessible for everyone. Research has shown that LPA can yield its own benefits!

Results from the 2018 and 2019 Canadian Health Measures Survey show that only about **one in two** Canadian adults aged 18 to 79 meet the recommended target of at least 150 minutes of MVPA per week.



There are many barriers people may face when it comes to engaging in certain forms of physical activity. LPA is an accessible and very beneficial form of exercising!



Statistics Canada. (2021). *Canadian Health Measures Survey: Activity monitor data, 2018-2019*. <https://www150.statcan.gc.ca/n1/daily-quotidien/210901/dq210901c-eng.htm>

Del Pozo Cruz, B., Biddle, S. J. H., Gardiner, P. A., & Ding, D. (2021). Light-intensity physical activity and life expectancy: National health and nutrition survey. *American Journal of Preventive Medicine*, 61(3), 428-433. <https://doi.org/10.1016/j.amepre.2021.02.012>

5 BENEFITS OF LPA : LIGHT ACTIVITY WITH HEAVY REWARDS

1. Improved Cognitive Health

People who practice more LPA tend to have better memory, attention, and concentration.



Erlenbach, E., McAuley, E., & Gothe, N. P. (2021). The association between light physical activity and cognition among adults: A scoping review. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*, 76(4), 716-724. <https://doi.org/10.1093/gerona/glab013>

2. Longevity

Research from a national US study found that people who engaged in more LPA tended to gain 1.5-3 years of life.



Del Pozo Cruz, B., Biddle, S. J. H., Gardiner, P. A., & Ding, D. (2021). Light-intensity physical activity and life expectancy: National health and nutrition survey. *American Journal of Preventive Medicine*, 61(3), 428-433. <https://doi.org/10.1016/j.amepre.2021.02.012>

3. Beneficial for Maintaining a Healthy Heart

A review of dozens of studies show that LPA is associated with better heart health. Factors include triglyceride levels, insulin, and metabolic syndrome.



Amagasa, S., Machida, M., Fukushima, N., Kikuchi, H., Takamiya, T., Odagiri, Y., & Inoue, S. (2018). Is objectively measured light-intensity physical activity associated with health outcomes after adjustment for moderate-to-vigorous physical activity in adults? A systematic review. *The International Journal of Behavioral Nutrition and Physical Activity*, 15(1), 65. <https://doi.org/10.1186/s12966-018-0695-z>

4. Social Benefits

Social support and participation in social activities is associated with higher LPA.



Chen, S., Calderón-Larrañaga, A., Saadeh, M., Dohrn, I. M., & Welmer, A. K. (2021). Correlations of subjective and social well-being with sedentary behavior and physical activity in older adults-A population-based study. *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*, 76(10), 1789-1795. <https://doi.org/10.1093/gerona/glab065>

5. Benefits to Mental Health

LPA has similar benefits as high and moderate intensity exercise on emotional well-being and satisfaction with life.



Buecker, S., Simacek, T., Ingwersen, B., Terwiel, S., & Simonsmeier, B. A. (2021). Physical activity and subjective well-being in healthy individuals: A meta-analytic review. *Health Psychology Review*, 15(4), 574-592. <https://doi.org/10.1080/17437199.2020.1760728>

Overall, don't underestimate the significance of small, everyday tasks, movements, and activities. Light-intensity physical activity is achievable and can effortlessly blend into your regular routine and daily activities, helping pave the path to a healthier and happier you!

