

## Changes in Physical Activity Levels and Their Effects on Midlife Well-being

Sir,

The midlife period, typically defined as ages 40 to 59, is characterized by significant changes, particularly regarding physical activity levels, which profoundly influence overall quality of life. In recent years, a noticeable decline in physical activity among middle-aged adults has emerged, influenced by various factors such as socio-economic status, urban living conditions, functional disabilities, and lifestyle behaviours. This trend necessitates closer examination due to its implications for health and well-being.<sup>[1,2]</sup>

As careers advance, many individuals end up in more sedentary jobs, spending long hours at desks, which limits their time and energy for physical activity. Family responsibilities, like caring for aging parents and managing children's activities, further restrict exercise opportunities. Additionally, the increase in technology, including remote work, online shopping, and screen-based leisure, has decreased the need for physical movement in daily life.<sup>[3]</sup>

The decline in physical activity significantly impacts quality of life, leading to chronic health issues such as cardiovascular disease, type 2 diabetes, and obesity, which increase healthcare costs and management burdens. Mentally, reduced activity is associated with higher stress, anxiety, and depression, as exercise helps release mood-boosting endorphins. This inactivity can also cause social isolation by limiting community engagement and interaction.<sup>[4,5]</sup> Outcome measures like the International Physical Activity Questionnaire (IPAQ) and Global Physical Activity Questionnaire (GPAQ) assess activity levels, while the Short Form Health Survey (SF-36) and Physical Activity Scale for the Elderly (PASE) provide insights into how physical activity affects overall health. These measures help inform targeted interventions to improve quality of life for middle-aged adults.<sup>[5]</sup>

Despite these challenges, research consistently indicates that even mild-to-moderate physical activity can positively influence the quality of life in middle-aged adults.<sup>[4]</sup> Engaging regularly in moderate-to-vigorous physical activity benefits: physical health, mental well-being, and overall quality of life, highlights the need to promote all types of physical activity for improved midlife well-being. To combat sedentary lifestyles, it is crucial to encourage physical activity among middle-aged adults through workplace wellness programs, community

initiatives, and public health campaigns. By adopting a balanced lifestyle with regular activity, they can enhance their physical, mental, and social well-being, leading to a better quality of life as they age.

### Key Message

- The decline in physical activity among middle-aged adults leads to chronic health conditions and increased mental health issues, significantly affecting their overall quality of life.
- Tools like IPAQ, GPAQ, SF-36, and PASE are essential for evaluating physical activity levels and understanding their impact on health and well-being.
- Promoting physical activity through tailored interventions can significantly enhance physical, mental, and social well-being in middle-aged adults.

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### Conflicts of interest

There are no conflicts of interest.

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