RUNNING OUT OF TIME? TIME AND SPACE MANAGEMENT FOR PHYSICAL ACTIVITY

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Abstract

Background and Research Questions
A few years ago I was standing outside an office building in London Docklands around noon watching a group of people cooling down after a running session. I interpreted the situation as follows: this was a group of people in the middle of their careers, working hard, commuting, having children to take care of after work and as a consequence trying to find a time slot for physical activity in the lunch hour. These thoughts ended up in one pilot study, one article (Book, 2009) and one extended project based on the following questions:

1. How, when and where do employed people (qualified work, mainly academics) in the age between 30 and 50 find time and space for physical activities? The selected group is likely to work a lot and have children living at home. By physical activity is meant everything from walking to the bus stop to heavy, conscious training (see for instance Caspersen, Powell & Christenson, 1985).

2. How does the design of the work place and its surroundings affect the opportunities for activities in connection to the working day?

Theoretical Departures
The perspectives used in the study are three-fold:

• Time perception and management with focus on people in the middle of their life and careers. It is today well-known that a lot of people in this part of the life cycle feel a lack of time. Concepts like time famine and time pressure are used to describe the situation (see for instance Robinson & Godbey, 2000; Zuzanek, 2004). The time pressure of course affects our opportunities and strategies for physical activities.

• Physical activity perception and management. As mentioned below a wide definition of physical activity is used in order to incorporate micro and time squeeze strategies. Interestingly, we know based on existing knowledge that the study group in question somehow finds time for a number of activities in their daily lives, a phenomenon called time elasticity (Roberts, 2006).

Methods and Results
My pilot study (a survey made among 50 employed academics at Malmo University, Sweden) showed that the selected group finds it hard to find room for physical activities in their daily programs, and usually prefer flexible solutions like walking and running. A majority of the people however aimed to be physically active, had a full schedule but still a certain degree of flexibility regarding work hours. Strategies (from what I – based on intensity and aims – call micro strategies to heavy training) in connection to or during the work day were common. An example of micro strategies is for instance using the stairs, while an example of more heavy training is going to the nearby gym on the lunch hour. Furthermore, I found examples of time squeeze strategies, like taking a walk while supervising students. Another strategy was to use time slots that nobody else in the family claimed, like very early mornings. Several of the strategies used are dependent on a work place environment and surroundings which make physical activity attractive or at least possible. In Sweden we can see a growing number of gyms locating in areas where a lot of people are during the work day.

At the moment a far more extensive material is being analyzed. This material includes 550 surveys among qualified employees at three major work places at different locations in Malmo, interviews with gym managers regarding location strategies and training trends of relevance for my study, field studies at and around the work places and interviews with a smaller number of the employees included in the study. The final analysis of my material will be ready to present at the EASM conference. In my main conclusions I will highlight favourable conditions for getting physical activities into the daily programme with regards to time, space and activity among people in the middle of the life cycle and career.
References:


in time and space. Although increasing numbers of studies are using these integrated technologies, there is little technical guid-
larly until the unit runs out of power, reaches the conﬁgured "stop, recording date/time, or malfunctions, whereas other data collec-
tion devices may not record regularly or continuously. To yield time-stamped intensity levels for physical activity using, commonly
accepted thresholds for differentiating activity levels. (11) and to examine records for the number of complete wearing place names,
addresses, times of arrival and departure, activities at each place, and mode of travel from place to place. An example of Time
management will also help. Break a project down into very small steps and write them down. When you complete a part of the task,
check it off. It also helps to set time goals for completion of these things. If you try some of these tips and are still feeling anxious, check
in with your doctor to see if maybe this is a chemical imbalance that medicine could treat. There's no sense in being anxious and
miserable when you don't have to be! Add physical activities to your daily life, I won't suggest gym as rarely people enjoy a
monotonous workout. Keep it fun, join swimming, badminton/tennis. Do not put expectations on yourself to win, just for the fun and
energizing effect of it. Schedule physical activity for times in the day or week when you feel energetic. Convince yourself that if you give
it a chance, physical activity will increase your energy level; then, try it. Lack of motivation. Plan ahead. Make physical activity a regular
part of your daily or weekly schedule and write it on your calendar. Invite a friend to exercise with you on a regular basis and write it on
both your calendars. Join an exercise group or class. Exercise with the kids—go for a walk together, play tag or other running games,
get an aerobic dance or exercise tape for kids (there are several on the market) and exercise together. You can spend time together and
still get your exercise. Time management approaches. Eisenhower box. You should divide all your tasks urgent/not urgent &
important/not important. Let's look at some examples: DO â€” you shouldn't have any tasks like that, i.e. find out a plumber who will fix a
broken hot water pipe in your apartments. DECIDE â€” the vast majority of your tasks should be like that, i.e. exercising, write the
researching article, learn English. DELIGATE â€” if it is possible, you should delegate it, i.e. fix a broken hot water pipe in your
apartments. DELETE â€” you shouldn't have these tasks, i.e. watching TV, checking Facebook/Vkontakte. Par Check out these 22 easy
time management hacks for insanely busy people at work. Effective time management is about allocating the right time to the right
activity. It allows individuals to make the best use of available time by prioritizing tasks according to their importance and estimated time
taken to complete them. On the other hand, failing to manage time can negatively affect both your professional and personal life. If
you want to make good use of your time, you've got to stop wasting it. Switch to ProofHub's time tracking software today! Other
Different tasks demand team members invest a different amount of time and efforts. But since most of the tasks that teams get today are
similar to each other, the best way to handle them is to batch them together. The reason?