

# ISMPB

International Society for the  
Measurement of Physical Behaviour



[www.ismpb.org](http://www.ismpb.org)

## Message from the President

Preparations for ICAMPAM is proceeding and with the all important abstract deadline, of the 26th of January, now less than one week away. This year we have a great line up of new key note speakers (Pedro Hallal, Frank Scheer, Taija Finni, Emmanuel Stamatakis and Lorenzo Chiari) and we also have had an unprecedented number of symposia submissions. Further details of the programme are being constantly update on our website. We have also put in a lot of effort to the social programme, which we consider to be an important part of our meeting. As usual the conference banquet is included as part of the registration fee.

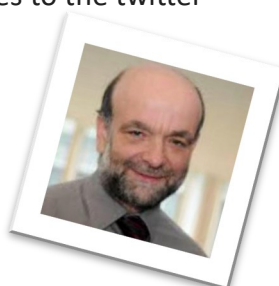
As part of our communications for ICAMPAM we are running a

twitter competition to win free registration for ICAMPAM. This prize will be awarded for the most inventive picture of you writing your abstract. Can't wait to see them, and I am sure they will feature somewhere in the conference!

We are continuing to develop the website with a "Job Board" page and expanding "Resources" page. The website and our communications channels are open for you to use. If you have any suggestions for additions or improvements to these communications channels feel free to contact any many of the Board.

I am very much looking forward to seeing the submitted abstracts and the entries to the twitter competition.

Malcolm



## ISMPB Newsletter

January,  
2019



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**KEEP UP TO DATE ON OUR WESITE**  
<http://www.ismpb.org/>

### CONTRIBUTIONS CONTACT:

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**GUEST EDITOR:** Fernanda R. Faria

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# Member Profile

## Alberto Flórez Pregonero

[aberto.florez.p@gmail.com](mailto:aberto.florez.p@gmail.com)

**Everybody has a unique career path to their current destination. Can you share some of your stops along the way?**

I started my career in the physical activity world being a fitness classes instructor, this condition allowed me to gain experience with leading individual and group exercise plans for different populations while I was learning academic foundations on education and sport sciences. During my undergraduate years I had the opportunity to work with the Ciclovía program in Bogotá-Colombia (home town) which help me to understand the important role that physical activity had in people's life; not only in their physical fitness but in their quality of life.

Early in my professional career, I started to question myself on better ways to lead exercise sessions and to promote physical activity at the community level. This permanent questioning motivated me to pursue advanced studies in physical activity and health (in my country this is a one-year academic program). At that time, like most, I did not find answers but more questions which pushed me forward to pursue a Master degree in education. At that point in my academic career, I knew I was ready to take the next step in my professional and personal development, then I realized that it would more beneficial for me to continue my academic studies in a program that will enable me to deepen my knowledge of physical activity at an advanced level. However, before starting a doctoral program I needed to study English, and just after three years I felt I was ready.

After a very difficult selection process, I was lucky enough to obtain the Fulbright Scholarship which allowed me to come to the United States and Arizona State University, there under the mentorship of a wonderful person and prominent scholar (Barbara E. Ainsworth) I earned my Ph.D. in physical activity, Nutrition, and wellness.

The time I spent earning my doctoral degree was the period of my life in which I gained the most experience at all possible levels (academic, financial, emotional, personal, etc.). I had the chance of learning not only from my mentor but also from other outstanding researchers such as Matt Buman. I met wonderful people that I treasure as my close friends,



and had an important cultural experience. Now I'm working as an associate professor in one of the most prestigious universities in my country (Pontificia Universidad Javeriana) and hope to keep finding motivating questions along my path to keep me moving forward.

**Tell us about a current project you are working on.**

We are measuring joint and muscle fatigue in sedentary office workers that are exposed to sedentary behavior breaks. With this study we are aiming to find a time length that is recommended for a standing break to sedentary behaviors.

**What do you think are the most important research advancements in this area?**

Despite the existing limitations, measuring sedentary behaviors is such a big accomplishment. Few decades ago the term sedentary behavior was not even coined and nowadays we can measure this behavior at the population level.

**Have you participated in any ISMPB events? If so, can you please describe your experiences?**

I have not attended any ISMPB events myself, but I have participated in different projects that have been presented at ICAMPAM.

**In the future, what would you like to see from the ISMPB?**

Along with becoming a visible organization for the measurement of physical behaviors, I think having regional chapters worldwide is a challenge that ISMPB should consider.

# WIN your ICAMPAM registration!

Follow the society on Twitter @ismpb\_org for a chance to win free registration to this year's ICAMPAM in Maastricht.

**Tweet** us a picture, using the hashtag **#ICAMPAM2019**, of you writing your abstract. The most inventive picture will receive free registration.



Following

Competition to win free registration for **#ICAMPAM2019**. Have you finished writing your abstract yet? Tweet a picture of you writing your abstract using the hashtag **#ICAMPAM2019** - the most inventive picture will receive free registration. Good luck 😊  
[ow.ly/3EHD50jY5Up](https://ow.ly/3EHD50jY5Up)



12:47 pm - 9 Jan 2019

## LOOK WHO'S WATCHING...

### Who follows ISMPB on Twitter?

#### ⇒ Gender:

- 53% male
- 47% female

#### ⇒ Region:

- 17% England GB
- 5% Scotland GB
- 4% Massachusetts US
- 4% Greater London GB
- 3% Victoria AU
- 3% California US
- 3% Ontario CA
- 3% Northwest England GB
- 2% Yorkshire and The Humber GB
- 2% East England GB

#### ⇒ Devices:

- 70% iOS
- 34% Android
- 89% Desktop and laptop computers

#### ⇒ Language:

- 97% English
- 7% Spanish
- 4% Dutch
- 3% Portuguese
- 2% French

#### ⇒ Interests:

- 95% dogs
- 88% science news
- 86% weather

- 86% technology
- 85% sports news
- 81% tech news
- 78% comedy
- 78% sporting events
- 76% space and astronomy
- 73% music festivals and concerts





### Getting to Maastricht:

Maastricht is surrounded by Belgium and Germany and near France. Maastricht, most southern city in The Netherlands, is easy to reach by car, train or plane. Connections with major European cities is very good.

**The Netherlands:** Eindhoven Airport; Maastricht-Aachen Airport; Schiphol Amsterdam

**Belgium:** Brussels Airport; Charleroi Airport; Liège Bierseke Airport

**Germany:** Düsseldorf International Airport; Cologne-Bonn Airport; Düsseldorf/Weeze Airport

### Maastricht Exhibition & Congress Center:

The sixth International Conference on Ambulatory Monitoring of Physical Activity and Movement will take place at the Maastricht Exhibition & Congress Center (MECC). MECC Maastricht is a five-minute walk from the Maastricht-Randwyck train station and a stone's throw away from Maastricht Central Station.

### ICAMPAM Keynote Speakers:

- **Pedro Hallal:** University Federal de Pelotas
- **Frank Sheer:** Harvard Medical School
- **Taija Juutinen Finni:** University of Jyväskylä
- **Emmanuel Stamatakis:** University of Sydney
- **Lorenzo Chiari:** University of Bologna
- **Roy Raymann:** SleepScore Labs

Abstract  
Deadline:  
~~Jan 26, 2019~~  
**Feb 1, 2019**



**Registration Opens:** January 2019

#### **EARLY BIRD**

(Deadline April 21, 2019)

Regular / Post Doc Member: **\$525**

Regular / Post Doc Non-Member: **\$625**

Student Member: **\$425**

Student Non-Member: **\$525**

#### **STANDARD PRICING**

(Deadline May 26, 2019)

Regular / Post Doc Member: **\$625**

Regular / Post Doc Non-Member: **\$785**

Student Member: **\$525**

Student Non-Member: **\$625**

# ICAMPAM 2019 KEYNOTE SPEAKERS

## TAIJA FINNI

### University of Jyväskylä

Prof. Taija Finni completed her doctorate in biomechanics at the University of Jyväskylä in 2001 and post-doctoral studies at the University of California. Prof Finni's research ranges from basic neuromuscular function to translational research related to physical activity and sedentary behavior. Regarding physical activity field she has studied daily EMG activity patterns in antigravity muscles that have the potential to short-circuit the detrimental physiological processes of sedentary time and result in better cardio-metabolic risk profile. By measuring EMG from adults and children her group has gained accurate individual-level knowledge of the sedentary behaviour that is needed for designing effective interventions for different groups. Another research line focusing on muscle-tendon neuromechanics has provided fundamental information on tendon properties and muscle-tendon function for exercise training, rehabilitation and insight into age-related changes in mobility and neuromuscular performance. She has over 80 peer-reviewed publications and has supervised 9 PhD students to completion and has 6 PhD students currently under supervision. She serves as a senior section editor in Scandinavian Journal of Medicine and Science in Sports and is a member of editorial board in Clinical Biomechanics. She is an elected council member of the International Society of Biomechanics and a member of scientific committee of the European College of Sport Sciences.



## EMMANUEL STAMATAKIS

### Sydney University

Emmanuel Stamatakis is a Professor of physical activity, lifestyle, and population health at the University of Sydney. He completed a PhD on objectively assessed physical activity and clinical childhood obesity at the University of Bristol. Between 2003 and 2013 he was based at University College London where he led the development and implementation of physical activity measures in the Health Survey for England and other large-scale nationwide surveillance studies. Emmanuel's work has received numerous research awards and he has published over 220 peer papers in leading epidemiology, exercise medicine, and medical journals including BMJ, Int J Epidemiol, JAMA Intern Med, Annals Intern Med, and J Am Coll Cardiology. He is the Deputy Editor of the British Journal of Sports Medicine responsible for the physical activity and epidemiology sections. In 2017 Emmanuel initiated and is currently leading the development of the Prospective Physical Activity, Sitting, and Sleep consortium (ProPASS). Emmanuel is the proud owner of two rescued Hungarian mongrels who are often his counsellors and lifestyle coaches.



## FRANK SCHEER

### Harvard Medical School

Frank A.J.L. Scheer, PhD is an Associate Professor of Medicine at Harvard Medical School (HMS) and the Director of the Medical Chronobiology Program at Brigham and Women's Hospital (BWH), Boston. Dr. Scheer's work focuses on influences of the endogenous circadian system and its disruption—such as with shift work—on cardiovascular, pulmonary, and metabolic regulation and disease states, such as hypertension, asthma, obesity and diabetes. Since 2005, Dr. Scheer has been funded continuously as Principal Investigator by the National Institutes of Health (NIH). Dr. Scheer has received numerous scientific awards, including the Young Investigator Award by the American Academy of Sleep Medicine, the Neal Miller Award by the Academy of Behavioral Medicine Research, and the Outstanding Scientific Achievement Award by the Sleep Research Society. He is an Editorial Board Member of several peer-reviewed journals, including the American Journal of Cardiovascular Disease, the Neurobiology of Sleep and Circadian Rhythms, and Journal of Biological Rhythms. Dr. Scheer is a Board Member of the European Society of Biological Rhythms and Member of the Program Committee of the Associated Professional Sleep Societies.



## ISPGR World Congress 2019 - June 30th - July 4th in Edinburgh, Scotland

ISPGR World Congress brings together posture and gait researchers and clinicians from around the world for discussion and exchange of the most cutting edge knowledge, insights, issues and ideas. ISPGR holds biennial meetings around the world for basic and clinical scientists in order to:



[www.ispgr.org/cpages/homepage](http://www.ispgr.org/cpages/homepage)



### Registration fee includes:

- Access to conference sessions
- Full conference materials including access to the abstracts online
- Welcome drinks reception
- Breakfast
- Mid-session refreshments, as scheduled in the conference program
- Lunch as scheduled in the conference program



### International Society of Behavioral Nutrition and Physical Activity (ISBNPA) 18<sup>th</sup> meeting in Prague, Czech Republic

**Registration Opens:** January 20, 2019  
**Early Registration Deadline:** April 5, 2019

For more information, contact: Email: [isbnpa2019secretariat@venuewest.com](mailto:isbnpa2019secretariat@venuewest.com)  
Conference website: [www.annualmeeting.isbnpa.org](http://www.annualmeeting.isbnpa.org)



Symposium Title:  
Real World Walking Speed - Definition, Measurement,  
Validation and Regulatory Acceptance

27<sup>th</sup> February 2019

### 6<sup>th</sup> Winter Symposium of "The Human Motion Project"

University Hospital "Rechts der Isar" of the Technical University Munich (MRI TUM)  
Ismaninger Str. 22  
81675 Munich

For more information, access:

<https://docs.google.com/forms/d/e/1FAIpQLSe3ojczTHyHtHcp2li4TpQtKskR5MNknxNAKCI9E6Q2hyCvw/viewform>



### "Bridging Research and Practice for Healthy, Active Lives"

**Early bird Registration Deadline:** March 12, 2019  
[www.acsmannualmeeting.org/attend/registration/](http://www.acsmannualmeeting.org/attend/registration/)

## ISMPB SURVEY

ISMPB is exploring ways to stimulate discussion and collaboration among our members. We have identified several potential initiatives and we are seeking input from our members to determine your interest in these options and/or whether there are other options we have not considered that you think would be beneficial.

We expect the survey to take 5-10 minutes to complete and we appreciate your input! We are hoping for complete responses by **2/15/2019**.

**Use the link below to access the survey:**

[https://calpolykinesiology.az1.qualtrics.com/jfe/form/SV\\_eJpSowva1JEJLOB](https://calpolykinesiology.az1.qualtrics.com/jfe/form/SV_eJpSowva1JEJLOB)



# JOURNAL FOR THE MEASUREMENT OF PHYSICAL BEHAVIOUR

Volume 1, Issue 4, December 2018

## Editorial

### ***Can Sedentary and Stationary Time be Accurately Assessed With Wrist- and Hip-Worn Accelerometers?***

Patty Freedson

## Original Research

### ***Within-Person Dynamics of Older Adults' Physical Activity, Sedentary Behavior, and Sit-to-Stand Transitions***

Jaclyn P. Maher, David E. Conroy

### ***The Accuracy of the Placement of Wearable Monitors to Classify Sedentary and Stationary Time Under Free-Living Conditions***

Alberto Flórez-Pregonero, Matthew S. Buman, Barbara E. Ainsworth

### ***Vinyasa Flow: Metabolic Cost and Validation of Hip- and Wrist-Worn Wearable Sensors***

Jennifer L. Huberty, Jeni L. Matthews, Meynard Toledo, Lindsay Smith, Catherine L. Jarrett, Benjamin Duncan and Matthew P. Buman

### ***Using Accelerometer/GPS Data to Validate a Neighborhood-Adapted Version of the International Physical Activity Questionnaire (IPAQ)***

Levi Frehlich, Christine Friedenreich, Alberto Nettel-Aguirre, Jasper Schipperijn, Gavin R. McCormack

## Technical Note

### ***RADVis: A Software Tool for the Visual Investigation of Raw Accelerometry Data***

Marcin Straczewicz, Jacek Urbanek, Jaroslaw Harezlak

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## ABOUT JMPB

- ⇒ Publisher: [Human Kinetics](#)
- ⇒ On-line journal (hard copies available upon request for extra charge)
- ⇒ 4 issues per year
- ⇒ Open access publishing possible (fees range from US \$2,000 – \$2,950)
- ⇒ No page charges
- ⇒ Web portal is open here: [https://mc.manuscriptcentral.com/hk\\_jmpb](https://mc.manuscriptcentral.com/hk_jmpb)
- ⇒ **5th issue to be published in March 2019**
- ⇒ Novel methods for sensor calibration and validation
- ⇒ New sensor technology

**Types of papers**

- Experimental studies
- Reviews
- Cross-sectional / longitudinal studies
- Brief reports
- Technical notes
- Evidence based best practices

## TOPICS IN JMPB

- ⇒ Analytic advances in measurement and interpretation
- ⇒ New sensor-based outcomes for clinical sciences
- ⇒ Applications of wearables for assessing exposure and outcomes
- ⇒ Evidence-based papers leading to best practices for use of wearables in research and clinical settings

## AUTHOR GUIDELINES

The Journals Division at Human Kinetics adheres to the criteria for authorship as outlined by the International Committee of Medical Journal Editors\*:

Each author should have participated sufficiently in the work to take public responsibility for the content. Authorship credit should be based only on substantial contributions to:

- a. Conception and design, or analysis and interpretation of data; and
- b. Drafting the article or revising it critically for important intellectual content; and
- c. Final approval of the version to be published.

\*Uniform requirements for manuscripts submitted to biomedical journals. *New England Journal of Medicine*, 1991, 324, 424–428.

***Did you  
present at  
ICAMPAM?***

Keynote & invited speakers, podium & poster presenters are encouraged to submit papers to JMPB adapted from their ICAMPAM 2017 presentations.

# What's new in the world of measurement? Look what our members are up to.

*Journal of Physical Activity and Health*, 2019, 16, 1-11  
<https://doi.org/10.1123/jpah.2018-0618>  
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Human Kinetics  
ORIGINAL RESEARCH

## The Scientific Foundation for the *Physical Activity Guidelines for Americans*, 2nd Edition

Kenneth E. Powell, Abby C. King, David M. Buchner, Wayne W. Campbell, Loretta DiPietro, Kirk I. Erickson, Charles H. Hillman, John M. Jakicic, Kathleen F. Janz, Peter T. Katzmarzyk, William E. Kraus, Richard F. Macko, David X. Marquez, Anne McTiernan, Russell R. Pate, Linda S. Pescatello, and Melicia C. Whitt-Glover



## What strategies do desk-based workers choose to reduce sitting time and how well do they work? Findings from a cluster randomised controlled trial

Samantha K. Stephens<sup>1\*</sup>, Elizabeth G. Eakin<sup>1</sup>, Bronwyn K. Clark<sup>1</sup>, Elisabeth A. H. Winkler<sup>1</sup>, Neville Owen<sup>2,3</sup>, Anthony D. LaMontagne<sup>4</sup>, Marj Moodie<sup>5</sup>, Sheleigh P. Lawler<sup>1</sup>, David W. Dunstan<sup>1,2,6,7,8,9</sup> and Genevieve N. Healy<sup>1,2,10</sup>

*Medicine & Science in Sports & Exercise*. 50(11):2285-2291, NOV 2018

## Influence of Accelerometer Calibration Approach on Moderate-Vigorous Physical Activity Estimates for Adults

CHARLES E. MATTHEWS; SARAH KOZEY KEADLE; DAVID BERRIGAN; JOHN STAUDENMAYER; PEDRO F. SAINT-MAURICE; RICHARD P. TROIANO; PATTY S. FREEDSON

*Journal of Sports Sciences*

## Estimating physical activity in youth using an ankle accelerometer

Scott E. Crouter, Jennifer Flynn Oody & David R. Bassett Jr.

## Comparability of published cut-points for the assessment of physical activity: Implications for data harmonization

Jairo H. Migueles, Cristina Cadenas-Sanchez, Catrine Tudor-Locke, Marie Löf, Irene Esteban-Cornejo, Pablo Molina-García, Jose Mora-Gonzalez ✉, Maria Rodriguez-Ayllon, Eduardo Garcia-Marmol, Ulf Ekelund, Francisco B. Ortega

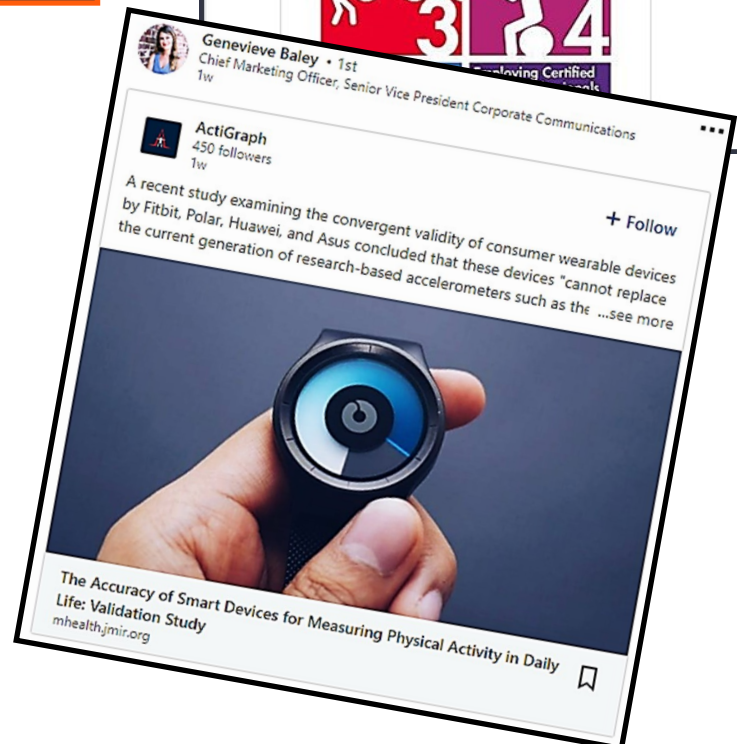
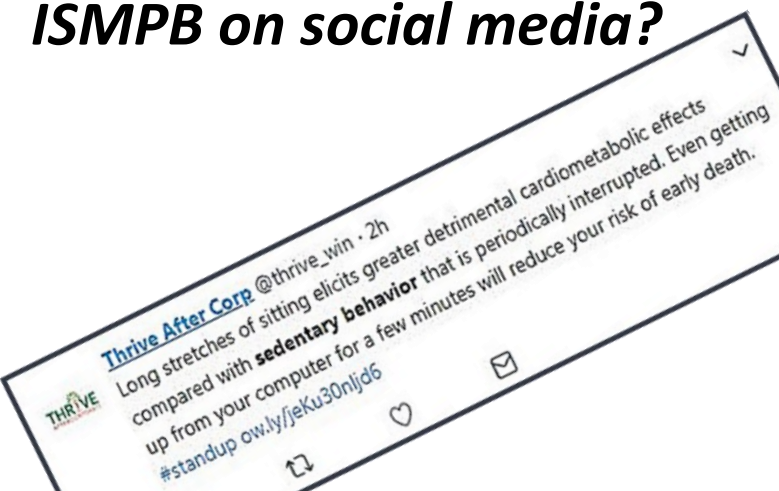
# Hypertension

## Steps per Day and Arterial Stiffness

Systematic Review and Meta-Analysis

Iván Cavero-Redondo, Catrine Tudor-Locke, Celia Álvarez-Bueno ✉, Pedro G. Cunha, Elroy J. Aguiar, Vicente Martínez-Vizcaino

# What's happening for ISMPB on social media?



# Become a member of ISMPB

## Renew your membership!

Your membership expired on September 30, 2018. Be sure to renew to stay connected! Current member rates are \$75 for students and \$150 for regular/post doc members. Membership is valid from October 1, 2018 - September 30, 2020.



## Who can become a member?

Membership in ISMPB is open to everyone from around the world involved in the measurement of free-living physical behaviour. Membership fees support the mission of ISMPB in creating a vibrant community bringing together people from a wide variety of backgrounds and expertise, including researchers, clinicians, therapists, signal analysts, computational scientists and commercial companies.

## Member Benefits

- ⇒ Register for Society Meetings at reduced registration rates
- ⇒ Support a new, young and independent Society
- ⇒ Become connected with leading experts in the field
- ⇒ Opportunity to get involved as an ISMPB Committee member
- ⇒ Vote in annual elections for the Board of Directors
- ⇒ Stand for election to the Board of Directors
- ⇒ Eligible for student awards at the Society Meetings (best oral and best poster)
- ⇒ Access to online resources and conference proceedings
- ⇒ Opportunity to post news and information on related events
- ⇒ **Access to the JMPB Journal**



Link <http://www.ismpb.org/membership/>

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