Abstract

Studies of the sporting activities and exercise habits of the 1975 Busselton population indicated that two out of three subjects exercised either not at all, or less than once a week, and only 7% stated they tried to get out of breath during their exertions. Those in sedentary occupations undertook more leisure exercise than those in non-sedentary occupations, with men exercising more frequently than women. Comparisons of body weights, blood pressures, serum levels of cholesterol and triglycerides, glucose levels, uric acid levels, lung function tests and electrocardiogram tracings between those who exercised four or more times per week and those who exercised less than four times per week revealed significant differences only in relation to lung function tests, which favoured the higher exercise group. This evidence suggested that the levels of activity involved in the Busselton population's sport and exercise habits were failing to provide additional protection against future coronary heart disease.