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Characterizing the Metabolic Intensity and Cardiovascular Demands of Walking Football in Southeast Asian Women

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Abstract: Given that the recent rise in obesity rates throughout Southeast Asia is disproportionately driven by women, part of the regional solution may be to encourage more habitual physical activity within this population. Taking advantage of the regional popularity of walking football, this study sought to characterize the cardiovascular demands and metabolic intensity of Southeast Asian women competing in walking football matches to determine the sports' suitability for promoting physical health. It was hypothesized that both cardiovascular and metabolic intensity measures (≥65% HR% and ≥3.0 METs, respectively) would meet or exceed established thresholds for improving fitness and health. Methods: Women's teams from Singapore (Mean±SD: 42±11 yrs age; 29.2±7.0 kg/m² BMI; n=14) and Malaysia (40±10 yrs age; 32.9±5.7 kg/m² BMI; n=8) competed in two successive matches within a single day during which measures of heart rate (HR) and GPS (from portable handheld device) were recorded for each player, while relative HR was computed as a percent of each player's age-predicted maximal HR (HR%, %). The GPS data were later converted to walking distance and metabolic intensity (i.e., metabolic equivalents, or METs). One-sample t-tests at the 0.05 alpha level were used to compare variables to their respective thresholds. Results: Both Malaysian and Singaporean teams had mean relative HRs (91-95% of HR_{MAX} [P=0.008] versus 77-80% of HR_{MAX} [P<0.001], respectively) that exceeded the 65% threshold for improving cardiovascular fitness. Both teams also maintained an average metabolic intensity that was statistically similar to the 3.0 MET threshold that decreases one risk for non-communicable diseases (3.2±0.9 METs [P=0.0510] versus (3.3±1.0 METs [P=0.288], respectively), and both teams walked an average of 2.2-2.4 kms/match. *Conclusions:* These results support the idea that competitive walking football is of sufficient intensity to promote positive changes in both cardiovascular and metabolic fitness in this population of Southeast Asian women.

Key Words: GPS, heart rate, MET, Singapore, Malaysia, Physical Activity



Human Development research focuses

determinants of human health, energy expenditure, and

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1 Introduction

prevalence has steadily increased over the past three economic development, decades in every ASEAN (Association of South-East socioeconomic status, local urbanization, availability Asian Nations) country sampled (i.e., Indonesia, of food, genetic predisposition, etc.), the increasing Malaysia, the Philippines, Singapore, Thailand, and prevalence of sedentary behaviors, as well as less Vietnam) [1]. While the absolute rates of obesity for active occupational demands, are common threats to these ASEAN countries are still much lower (3.6% for obesity trends world-wide. A lack of sufficient Vietnam to 13.3% for Malaysia in 2014) than other habitual physical activity (PA), which is commonly countries like the United States (33.7%) and the defined as any bodily movement that significantly United Kingdom (28.1%), the change in obesity rates increases metabolic rate above resting levels, is for ASEAN countries from 2010 to 2014 are much known to significantly increase risk for many chronic higher (24-38% versus 8-10% for U.S. and United non-communicable diseases [2]. To help address this Kingdom). Furthermore, the same report shows that issue, the World Health Organization (WHO) a disproportionate burden of the obesity trends in recommends that all adults (18-64 years of age) ASEAN countries are caused by women. Every ASEAN country represented in the report, for example, found intensity PA weekly (or 75 mins of vigorous women to have higher rates than men for both intensity) [3]. This PA standard, which is the same as overweight and obese classification status. Thus, not that promoted in the U.S. [2], is based upon moderate only have the obesity rates increased at an alarming and vigorous metabolic intensity thresholds defined rate in this region of the world, but the rates are as 3.0 and 6.0 metabolic equivalents (METs), being driven disproportionately by women.

While many factors are known to contribute According to a 2017 report, obesity to changes in regional obesity rates (e.g., regional personal and family accumulate at least 150 minutes of moderate respectively. While a MET value of 1.0 represents the population average for resting metabolic rate (RMR),

MET values of 3.0 and 6.0 represent aerobic W metabolic intensity levels that are 3x and 6x greater football than that of RMR, respectively. competi

Not all physical activities, however, will satisfy the lowest threshold of 3.0 METs. Slow walking over flat terrain, for example, will be <3.0 METs, but slow walking up a steep hill, or slow walking while carrying a moderately heavy backpack, can both exceed 3.0 METs, as will brisk walking over flat terrain. Exhaustive lists of MET values for specific PA's can be found on-line [4], but MET values usually do not exist for new or uncommon activities. In such cases, it is up to researchers and clinicians to directly or indirectly determine a MET value range that can be anchored to the PA of interest.

One such activity is the relatively new teambased sport of walking football, which, as the name implies, is the walking-only version of regular football. While many of the rules and practices are the same between walking and regular football, many others are not, such as walking football's use of smaller fields and fewer players per team, as well as all players being restricted to walking. The popularity of walking football has grown quickly throughout Europe in just the last few years [5], while new clubs/teams and competitive leagues have also started in the North America and Southeast Asia. The sport of walking football is optimally suited for people who want to participate in a team-based sport, are healthy enough to engage in moderate-tovigorous PA, but who either cannot or do not want to run. In the spring of 2017, the Walking Football Healthy Asia program was launched to encourage Singaporean and Malaysian women to adopt a more physically active lifestyle by training and competing in a walking football league. Given that both countries have relatively high incidence of obesity and obesity-related comorbidities when compared to other Southeast Asian countries [6], this program represents а publicity-driven community intervention designed to encourage adult women of all ages to participate in a team sport that is traditionally dominated by men.

While the potential health benefits of regular participation (both recreational and competitive) are well established [7-9], the same cannot be said for walking football and especially with any focus on women. Hubball and Reddy [10], for example, in a study of Canadian "veteran players", reported upon the "physiological psycho-social and health benefits" of walking football, but the players were all men and pedometer steps counts were the only physiological measure. Reddy et al [11] went much further with a 12-week trial that tracked 20 walking football players with measures of resting blood pressure, body composition, blood measures, and match-play heart rate, but only 3 of the players were women. Thus, very few published studies have focused on physiological health issues related to walking football, and there appears to be no focus whatsoever on women participants, as well as no strong focus on the physiological demands of competitive walking football.

The purpose of the present study was to characterize both the cardiovascular (CV) and energetic demands (i.e., metabolic intensity) of Southeast Asian women competing in walking football matches. Specifically, it was hypothesized that measures of relative heart rate (HR%) would exceed the 65% threshold recommended for improving CV fitness [12]. It was also hypothesized that the average metabolic intensity of walking football match play would meet or exceed the 3.0 MET threshold for promoting metabolic health and minimizing non-communicable disease risk. Finally, given that the Malaysian team had trained together longer (6+ months) than the Singaporean team (< 1 month), it was hypothesized that the Malaysian team members would maintain a higher average CV demand than the Singaporean team members while maintaining a similar or higher metabolic intensity during match play.

2 Methods 2.1 Experimental approach

Walking football teams from both Singapore and Malaysia participated in a series of demonstration matches as part of the *Walking* within a tight-fitting neoprene waist pack with the Football Healthy Asia program that began in spring of monitor located at the lower back. Prior to being 2017. All team members agreed to participate and assigned to players, each GPS was powered on and provided consent in accordance with approved allowed to sit stationary for 30+ minutes adjacent to procedures by the Montana State University the playing field that was unobscured by anything to (Bozeman, MT USA) Internal Review Board (IRB). To block GPS signals (e.g., tall buildings, or tall and record the measures planned for this study, each dense trees). Set to record GPS coordinates each one team member wore several types of electronic second (1 Hz) using differential GPS (dGPS), the GPS monitoring devices that would record aspects of CV data were later downloaded to a computer using demand and body motion without controlling or third-party software (OziExplorer V3.95.6F; D&L hindering the players' ability to participate. Direct Software Pty Ltd; oziexporere.com). The downloaded measures of body height and mass were measured on GPS data was then exported with the raw GPS a separate day using standard procedures.

2.2 Measurement Procedures

All match play measurements occurred on a single day in November of 2017 in Singapore at an elevation of 8 m above sea level. Each match took place on the same outdoor regulation mid-sized walking football field (40 m x 23 m) under partly sunny and generally hot and humid conditions that progressively worsened from early (First match: 26-28° C and 87% RH) to the late morning (Second match: 29-30.5° C and 90% RH). Prior to each match each half of each match, as well as for each entire and before the team warmup, the members of each match. These same HR data were also expressed as a team were outfitted with the electronic devices that percentage (HR%) of each participant's agewould record continuously until the devices were removed after the last match. The first and second half of each match lasted 15 mins with a 10-min break for halftime and about 20 mins break between successive matches.

Each player wore two types of measurement equipment: A heart rate (HR) monitor and a global positioning satellite (GPS) monitor. To measure HR, each player wore a coded chest strap transmitter and telemetry-based HR wrist watch (Polar RS400; Polar Electro Inc., Bethpage, NY USA) set to record average HR every 60 seconds. Once recording was complete, the data from each HR watch was downloaded to a computer (Polar ProTrainer 5; Polar Electro Oy, Finland) and then exported as a text file for postcollection processing. To measure body movement, each player also wore a small GPS monitor (Gecko 201; Garmin International, Inc., Olathe, KS USA)

coordinates (latitude, longitude, altitude) with each 1-second time stamp as a text file for post-collection processing. The extra mass of all the equipment worn by each participant (HR and GPS monitor + waist pack) totaled 0.35 kg and was included with body mass in the computation of energy expenditure.

2.3 Post-Collection HR and GPS Data Processing

The HR text file data were imported into a spreadsheet program and then summarized as an average HR (HR $_{AVG}$, BPM) for each participant for predicted maximal HR:

(1) $HR\% = (HR_{AVG} / HR_{MAX}) \times 100$

where HR_{MAX} was calculated as (220 – Age) with age expressed as years. The computation of both HR_{AVG} and HR% thus provided both absolute and relative expressions of cardiovascular demand, respectively. Each of these cardiovascular variables (HR, HR%) were then summarized as an average over the first half (HR_{H1}), the second half (HR_{H2}), as well as an average for the full match (HR_M), for both first and second matches between the teams.

The GPS text file data were imported into a spreadsheet program where successive GPS coordinates were transformed into an arc length (i.e., displacement) between points using spherical trigonometry to calculate the great circle distance (d, m) (i.e., the shortest distance between two points on

the surface of a sphere). Given measures of latitude **2.4 Predicting MET Intensity** (ϕ) and longitude (λ) for successive pairs of points (i.e., 1 and 2), then the haversine of the angle (θ) between these two points relative to the center of the earth is given by:

hav θ = hav $\Delta \phi$ + (cos ϕ_1) (cos ϕ_2) (hav $\Delta \lambda$) (2)

where $\Delta \lambda = \lambda 1 - \lambda 2$, and $\Delta \phi$ is the difference in latitude measures. This formula is based upon spherical trigonometry and is derived from the spherical law of cosine. Once the value for θ is determined, then:

(3) $d = R x \theta$

where d is the distance between successive latitude and longitude coordinate pairs and R is the average radius of the earth (6378140 m).

As such, the outcome for the above computation was walking distance for each one second of match play, the values of which were then summed each successive 60 seconds of match play (D, m):

Distance (D) = $\sum_{k=1}^{60} d_k$ (4)

These 60-sec walking distance values were then used to compute cumulative distance (D_c, m) and average speed (s, m/min) for both the first and second halves of both matches. Values for D_C were computed as the sum of all D_C values within the period of interest:

Cumulative Distance (D_c) = $\sum_{k=1}^{j} D_k$ (5)

where j is the number of minutes within the period of interest. Specifically, D_c values were summarized as an average over the first half (D_{CH1}) , the second half (D_{CH2}), as well as an average for the full match (D_{CM}) , for both first and second matches between the teams. Given that values for D_C were computed for each 60-secs, these same values also represented the average walking speed (SPD) in units of m/min. Finally, the minute-by-minute relative energetic cost of match play for each player was calculated as a function of average walking speed (SPD, m/min) as described below.

The last step for post-collection data processing was to convert GPS-derived walking speed into units of METs. However, while there are many published formulae relating treadmill walking speed to energy cost in healthy adults [13, 14], there is strong evidence to suggest that the energetic cost of treadmill waking is not the same as that for overground walking [15]. Given the present study's need to convert GPS-derived overground walking speed into METs, a new prediction equation was derived. Data was pooled from two of our own previously published projects [16, 17] for a total of 72 subjects. This pool of subject data included 47 women (Mean±SD: 32±13 yrs of age; 73.4±20.6 kg body mass; 27.2±7.4 kg/m² for BMI) and 28 men (26±4 yrs of age; 83.4±10.6 kg body mass; 25.5±2.4 kg/m^2 for BMI) and included BMI classifications of 1 underweight, 38 normal, 22 overweight, and 14 obese (n = 75). Common to both studies was the direct assessment of overground walking energy expenditure. While the methodology for the collection of these data has been reported previously in detail [13], a brief outline will be provided below.

Subjects warmed up by walking for 10-15 min around an indoor oval track (201 m circumference). During the warm-up, subjects determined their self-selected "slow" and "fast" walking speeds. At each self-selected speed, while still warming up, stride rate was measured by repeated timing of 10 consecutive strides. These stride rates were subsequently the basis for controlling subjects' over-ground walking speeds during data collection. Next, subjects were fit with the metabolic instrumentation to be worn during data collection. Testing of the three overground speeds occurred successively with each condition lasting six mins and separated by a break of two mins. Subjects were paced while walking with an audible metronome (Seiko Clip Metronome, Model clipped to their shirt collar DM-33) that corresponded to the stride rates determined during the warm-up. The subjects were instructed to choose a stride length that best corresponded to the audible overground walking was assessed using standard (MET_{H2}), as well as an average for the full match indirect calorimetry procedures using the portable (MET_M), for both first and second matches between KB1-C Ambulatory Metabolic Measurement System the teams. Finally, the time spent at an intensity \geq 3.0 (Aerosport, Inc., Ann Arbor, MI). This light weight (2 METs (T3M, mins) during match play was also kg) portable system was worn by each subject during summarized over the same periods – i.e., T3M_{H1}, all walking trials. After data collection was complete, T3M_{H2}, T3M. the data were downloaded to a computer for further processing.

The average oxygen consumption (VO₂; L/min) value for the last three mins of each 6-min body mass and height, BMI), heart rate (HR_{H1}, HR_{H2}, walking bout were converted first to relative VO₂ HR_M; HR%_{H1}, HR%_{H2}, HR%_M), cumulative walking (RVO₂; ml/kg/min):

(6)
$$RVO_2 = [(VO_2 \times 1000) / M_T]$$

Where M_T (kg) was the total, or summed, values of the subject's body mass and the equipment mass. Next, the RVO_2 values were converted to METs assuming that 1.0 MET = 3.5 ml/kg/min:

(7) METs =
$$[RVO_2 / 3.5]$$

Finally, Standard step-forward multiple regression analysis procedures were used to derive a single equation for predicting METs from a pool of possible independent variables that included overground walking speed (SPD, m/min), age (years), body mass (kg) and height (cm), gender (coded "0" for women and "1" for men), as well as potential interaction and polynomial terms. The significance of each independent variable, and the potential interactions between independent variables, were verified with partial F-tests [17] at a p-value of 0.15 while the overall model significance was evaluated at the 0.05 level of significance.

The result of this analysis was a third-degree polynomial using overground walking speed (SPD, m/min) as the only significant independent variable $(R^2 = 0.85, SEE = \pm 0.19 \text{ METs})$:

METs = 0.143 + 0.091xSPD - 1.236E-3xSPD² (8) + 7.086E-6xSPD3

Using Equation 8, average overground walking speed for each minute of match play for each subject was converted to a MET value and then

metronome rate. The energy expenditure for averaged over the first half (MET_{H1}), the second half

2.5 Statistical Analyses

Mean values for demographic variables (age, distance (D_{CH1}, D_{CH2}, D_{CM}), MET intensity (MET_{H1}, MET_{H2}, MET_M), and match time spent at \geq 3 METs $(T3M_{H1}, T3M_{H2}, T3M_{M})$, were all summarized descriptively as Mean±SD. In addition, two-way ANOVAs with Tukey's HSD post-hoc analysis was used to evaluate differences in cardiovascular (HR, HR%) and GPS-derived (D_c, MET, T3M) variables across measurement periods and teams. Lastly, one sample t-tests were used to compare the mean MET intensity for each measurement period and team to the 3-MET thresholds. All statistical analyses were conducted using Statistix V10 (Analytical Software; Tallahassee, FL USA). Given the exploratory nature of this study, as well as the relatively small sample sizes dictated by team sized, an 0.05 alpha level was applied to all post-hoc tests.

3 Results 3.1 Demographics

Demographic data were included for all team members who completed at least one entire match (first and second halves) and successfully recorded heart rate and/or GPS for the same match. As such, there was no overlap in players for the Singaporean team between the two matches (i.e., different players for each match; n=14), but the Malaysian team had the same six players in both matches and two others in one match each (n = 8). Thus, the demographic summary shown in Table 1 is for all 22 players who satisfied the above-stated inclusion criteria (Table 1). Statistically, the teams were similar to each other for each demographic variable listed in Table 1. In addition, when classified according to the World statistically similar between matches (P=0.414), Health Organization international BMI standards between halves within a match (P=0.450-0.771), as [18], the players included 12 women classified as well as between teams (P=0.677). obese, another 5 as overweight, 4 as normal, and 1 as underweight.

Similarly, average MET intensity was

Table 1. Summary of demographic data for members of both Singaporean and Malaysian walking
football teams. All values expressed as Mean±SD (Range).

Team	Age	Body Height	Body Mass	BMI
	(years)	(cms)	(kg)	(kg/m²)
Singapore	42 ± 11	155.5 ± 8.3	70.4 ±17.2	29.2 ± 7.0
(n=14)	(26 – 61)	(141.0 – 174.0)	(47.4 – 102.8)	(16.9 – 43.9)
Malaysia	37 ± 6	157.6 ± 6.8	81.7 ± 14.6	32.9 ± 5.7
(n=8)	(26 – 48)	(148.0 – 165.5)	(65.3 – 106.5)	(26.5 – 43.8)
Both Teams	40 ± 10	156.3 ± 7.7	74.7 ± 16.9	30.6 ± 6.6
(n=22)	(26 – 61)	(141.0 – 174.0)	(47.4 – 106.5)	(16.9 – 43.9)

3.2 Heart Rate Data Analyses

Table 2. Mean absolute HR was statistically lower Table 3 were statistically similar to the 3.0 MET (P<0.05) for the Singaporean team (137-141 BPM) threshold value (2.6 - 3.9 METs; P=0.288-0.510), than the Malaysian team (162-168 BPM) for both none of the values were statistically greater than the matches. When expressed as relative HR, values for 3.0 threshold. However, when all data was pooled HR% during the first match tended to be higher in from both matches and both teams, the average both halves for the Malaysian team (90-93% vs 78- intensity of 3.2±0.1 METs was significantly greater 83%), though not statistically. During the second than the 3.0 threshold (P=0.032). After transforming match, however, an even wider and statistically this MET intensity data into the amount of time spent significant trend was apparent (P=0.03) with \geq 3.0 METs, it appears that the Malaysian team tended Malaysian and Singaporean players averaging 95- to spend more time ≥3.0 METs than the Singaporean 96% and 77-80%, respectively. The relative HR team for both first (18.0 vs 10.8 mins) and second values for both Malaysian (P<0.001) Singaporean (P=0.008) teams exceeded the 65% difference for the first match was barely significant threshold promoting (P=0.049). recommended for cardiovascular fitness.

3.3 GPS Data Analyses

both matches, averaging 2.3-2.4 km and 2.2-2.4 km for the first and second matches, respectively.

A summary of the HR data is provided in In addition, while all mean MET values expressed in and matches (17.2 vs 8.6 mins), though only the

4 Discussions

This study is the first to describe the A summary of the GPS-derived variables of metabolic intensity and cardiovascular demands of interest are provided in Table 3. The distance walked walking football for Southeast Asian women. The by both teams was statistically similar (P=0.703) for metabolic intensity, for example, averaged 3.2 METs across both matches and both teams which exceeds the 3.0 MET PA intensity threshold for minimizing non-communicable disease risks [2, 18]. Further, the

average relative HR maintained by both Singaporean MET intensity and walking distance for each match (77-80% of HR_{MAX}; P=0.008) and Malaysian (91-95% (Table 2). These observations compliment the of HR_{MAX}; P<0.001) teams across both matches limited reports on walking football in the research exceeded the 65% threshold often recommended for literature. Hubball and Reddy [16], for example, promoting improvements in CV fitness [12]. reported that highly experienced players walked 0.8-Collectively, these results strongly suggest that 1.6 km during 10-min matches which extrapolates to competitive walking football in this population of 2.4-4.8 km for 30 mins of match play at the same Southeast Asian women has the potential to cause intensity. The current study, using far less positive changes in both metabolic cardiovascular fitness. Given that the Malaysian team of 2.2-2.4 km/match for successive 30-min matches members had trained together as a team longer than (Table 3). Given the difference in experience and the Singaporean team, it was hypothesized that the likely fitness of the players that these two studies Malaysians would be able to maintain a higher CV represent (i.e., highly experienced players walking intensity during match play. This, in fact, is exactly further than less experienced players), it is likely that what was observed for both absolute and relative walking football practice and competition will expressions of heart rate (Table 2).

In addition, this higher CV intensity the maintained by Malaysian team was complimented with spending more time above the 3.0 MET threshold than the Singaporean team (17-18 mins/match vs 10-11 mins/match, respectively; Table 3) despite maintaining a statistically similar

and experienced women players, found a walking range improve the capacity for walking distance during match play, though this is yet to be verified with further research. Reddy et al. [11] also reported an average HR intensity of 76% during match play which is similar, though a little lower, than the average match values reported for this study (79-95%; Table 2).

Table 2. Summary results for heart rate (HR) data analysis from women's walking football matches (November 2017 in Singapore) that include average heart rate (BPM) and average relative heart rate (HR expressed as a percent of age-predicted maximal HR; %) during two separate football matches played on the same day. Each measure was summarized as Mean±SD for each full match, as well as separately for the first and second halves of each match

Match	Heart Rate Measure	Measurement Period	Singapore Team (n = 7)	Malaysia Team (n = 7)
	Average HR (BPM)	First Half Second Half Full Match	145 ± 25 137 ± 29 141 ± 27	†160 ± 15 †164 ± 17 †162 ± 16
First Match	Average Relative HR as a percentage of HR _{MAX} (%)	First Half Second Half Full Match	82.9 ± 14.8 78.3 ± 17.1 80.6 ± 15.7	90.1 ± 6.3 93.1 ± 6.4 91.6 ± 6.1
	Average HR (BPM)	First Half Second Half Full Match	140 ± 22 134 ± 26 137 ± 24	[†] 168 ± 15 [†] 169 ± 16 [†] 168 ± 16
Second Match	Average Relative HR as a percentage of HR _{MAX} (%)	First Half Second Half Full Match	79.9 ± 14.4 76.8 ± 16.6 79.4 ± 15.3	†94.6 ± 7.2 †96.0 ± 8.0 †95.3 ± 7.5

Table 3. Summary of results from GPS data analysis for women's walking football matches (November of 2017 in Singapore) that includes the average distance walked, the average metabolic equivalent (MET) intensity, as well as the average number of minutes spent at \geq 3.0 MET intensity during two separate football matches played on the same day. Each measure was summarized as Mean ± SD (Range) for each full match, as well as separately for the first and second halves of each match.

Team &	Measurement	Distance	MET Intensity	Time ≥3-MET
Match	Period	Walked (m)	(unitless)	Threshold (mins)
Singapore -	First Half	1169 ± 273	3.2 ± 0.9	5.7 ± 4.6
First Match		(871 – 1624)	(2.5 – 4.8)	(2.0 – 14.0)
(n = 6)				
	Second Half	1152 ± 250	3.9 ± 2.3	5.2 ± 4.6
		(796 – 1546)	(2.4 – 8.5)	(2.0 – 14.0)
	Full Match	2322 ± 489	3.5 ± 1.1	10.8 ± 8.9
		(1667 – 3170)	(2.4 – 5.5)	(2.0 - 26.0)
Malaysia -	First Half	1192 ± 257	3.1 ± 0.7	8.8 ± 6.1
First Match		(844 – 1537)	(2.6 - 4.3)	(3.0 – 16.0)
(n = 5)				
	Second Half	1260 ± 336	3.5 ± 1.0	9.2 ± 4.9
		(931 – 1659)	(2.6 – 4.6)	(4.0 – 16.0)
	Full Match	2452 ± 581	3.3 ± 0.8	$^{+}18.0 \pm 10.6$
		(1774 - 3196)	(2.6 - 4.4)	(7.0 - 30.0)
Singapore -	First Half	1212 ± 195	3.1 ± 0.6	7.5 ± 3.8
Second		(870 – 1424)	(2.4 – 4.1)	(1.0 – 11.0)
Match		042 + 200		
(n=6)	Second Half	942 ± 309	2.6 ± 0.5	3.5 ± 3.5
		(449 – 1268)	(1.6 - 3.0)	(0.0 - 9.0)
	Full Match	21 E E ± 202	20+01	11.0 ± 6.2
	run mutch	$(1605 \ 2501)$	(22, 25)	(10, 180)
Malaycia	First Half	(1093 - 2391)	(2.3 - 3.3)	(1.0 - 10.0)
Malaysia -	<i>ΓΠ</i> St Πuij	1130 ± 339 (741 1664)	3.3 ± 1.1 (2 4 ± 2)	0.0 ± 4.2
Match		(741 - 1004)	(2.4 - 5.2)	(4.0 - 13.0)
(n = 5)	Second Half	1278 + 350	35+17	86+37
("- 5)	Second Hulj	(892 - 1824)	(23 - 57)	(2.0 - 11.0)
		(072 - 1024)	(2.3 - 5.7)	[2.0 - 11.0]
	Full Match	2414 ± 663	3.4 ± 1.2	† 17.2 ± 7.2
		(1816 – 3488)	(2.4 - 5.4)	(6.0 - 26.0)

when compared to the control group. However, their study exceeded the recommended cardiovascular

While the collective results from this study experimental group only trained together for 60 strongly support the use of walking football as a PA mins one day/week which falls short of the 150 for promoting both metabolic and cardiovascular mins/week of moderate intensity (or 75 mins of fitness in Southeast Asian women, the long-term vigorous intensity) suggested for all healthy adults physiological effects of walking football are not yet [2,18]. The frequency of training also fell short of the proven. The 12-week walking football intervention 3-5 days/week recommendation for exercise that is by Reddy et al [11] found little improvement in any targeting cardiovascular improvements [12]. Thus, physiological measure for their intervention group even though the walking football activity for their

meet or exceed either the duration or frequency energy expenditure associated to recovery between thresholds. Clearly, the influence of walking football acceleration bouts. on physiological and health parameters needs further study with higher doses of PA that meet or exceed all **5** Conclusions domains (intensity, duration, and frequency) of exercise prescription.

for computing average walking speed and then should specifically focus on this population. As such, average metabolic intensity. In principle, this this study was the first to focus on describing the technique assumes that all energy expended during metabolic intensity and cardiovascular demands of match play was directly associated with steady-state walking football competition for Southeast Asian aerobic metabolism with negligible influence of women. The study participants, all of whom accelerations and assumptions are clearly not true for field sports like *Asia* program, were representative off the target football or walking football, the technique did demographic in this region having a broad age rage provide a starting point for understanding metabolic (26-61 yrs), relatively little experience with physical intensity in this setting in a completely indirect activity or sports, and 77% of whom were classified manner – i.e., the method of measurement did not as either overweight or obese. Using several types of influence how the participants played. In fact, others electronic monitoring devices for data collection, this [19] have speculated that use of GPS to predict study found that both metabolic intensity and energy expenditure during field sports will tend to cardiovascular demands either met or exceeded under predict energy cost during non-steady-state thresholds established by international health and activities (like match play). If this is generally true, fitness organizations for the improvement of then it is likely that the metabolic intensity values cardiovascular and metabolic health. Thus, the reported in Table 3 are, in fact, underestimates of the results from this study support the use of walking actual intensity for walking football in this football as part of an intervention to increase population. Thus, to get more accurate estimates of habitual physical activity within Southeast Asian metabolic intensity using GPS monitors for field women such as to promote positive changes in both sports play, it may be necessary to focus on metabolic and cardiovascular fitness. improving the GPS-based algorithms for converting the raw GPS data (i.e., latitude, longitude, and References altitude) into more accurate measures of velocity, [1] acceleration, and especially the part that converts GPS-derived variables into whole body energy expenditure. The present study, in fact, derived its own equation for converting steady-state walking speed into METs using data from two previous over ground walking studies [8, 9]. This model, of course, still suffers from the assumption that most of the energy expended during match play was that [2] associated with steady-state aerobic metabolism. It would seem prudent to improve this model in the future to include a more accurate representation of

intensity threshold (HR% = 76%), the activity did not anaerobic energy expenditure, as well as aerobic

Given that a disproportionate burden of Southeast Asia's recent change in obesity rates can be Finally, this study used GPS data as a means attributed to women, physical activity interventions decelerations. While these competed as part of the Walking Football Healthy

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Competing Interests

The authors declare that they have no competing interests.

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