

Physical Activity and BMI

This example stems from Moore et al., (2012). "Decrease in physical activity is considered to be a major contributor to the increase in prevalence of overweight and obesity in the adult population. As part of a recent study, researchers looked at the relationship between physical activity (PA) measured with a pedometer and body mass index (BMI). Each participant wore the pedometer for a week and the average steps per day (in thousands) were recorded. Various body composition variables, including BMI were measured. For this example, we focus on a sample of 100 female undergraduates."

SUBJECT – participant number

PA – steps per day (in thousands)

BMI – Body Mass Index

Blinded: - BMI was shuffled