

## Social Media Use and Exercise Behaviors

**Authors :** Justin M. Swanson, Anna Nelson, Daniel Handysides, Patti Herring, Christopher Hill

**Abstract :** Not only may social media use have a psychological impact, but increased use may be tied to decreases in physical activity and influencing sedentary behaviors. Social media can be used to share physically active lifestyles and possibly influence others to participate. In contrast, social media use may have adverse effects by decreasing participation in exercise. This study used a qualitative design to examine the relationship between social media use and exercise patterns. Participants were asked questions about their social media habits and how it might impact their physical activity behaviors. Self-reported exercise seemed to increase after viewing others engage in relatable activities or viewing someone that has overcome challenges. To increase the likelihood of engaging in exercise, exercise related posts should be low in difficulty, require few materials, or displayed progress from the individual posting.

**Keywords :** social media, exercise, physical activity, adults

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