

## Energy Expenditure of Young Adult Restaurant Servers: A Pilot Study

Heather E. Wray<sup>1</sup>, & Patricia K. Doyle-Baker<sup>2, 1,2</sup> Faculty of Kinesiology, University of Calgary, Calgary, Alberta, Canada

This study objectively obtained, via accelerometry, occupational physical activity (OPA) and leisure-time physical activity (LTPA) data for each day of the week from a sample of young adult restaurant servers (n = 7, 23-29 years, two restaurants). Resting metabolic rate (RMR) was measured via indirect calorimetry and inputted into the AMP 331 accelerometer for energy expenditure (EE) calculations. EE and stepcount values were obtained for working and non-working days and periods. Analyses identified patterns of EE in this group, and compared these patterns to age- and sex-specific normative data, occupational classifications, and healthy PA recommendations. Total PA was comprised predominantly of OPA, with zero of the subjects engaging in LTPA. EE and stepcount values were higher for working versus non-working days, and working versus non-working periods. Working daily EE was approximately equal to normative data, while non-working daily EE was lower. Working period EE placed this group in the 'exceptionally active' OPA classification. Minimum PA levels were met on each day, based on Canada's Physical Activity Guide to Healthy Active Living, but 10,000-steps-per-day was only achieved on working days. Feasibility was positively affected by subject compliance and protocol design, and limited by recruitment difficulties and data collection interruption. Young adult restaurant servers' PA activity levels are largely dependent upon OPA. Intervention and prevention strategies should be aimed at curtailing the potential decline in PA following departure from this industry. This study can provide a basis from which further research on this population can be directed.