Impact of Cell Phone Texting on the Amount of Time Spent Exercising at Different Intensities

Maldonado, TL., Rebold, MJ., Dirlam, MT., O'Donnell, DM., Sheehan, TP.
Bloomsburg University of Pennsylvania, Bloomsburg, PA

PURPOSE: This study assessed the effect of cell phone texting during a 30-minute bout of treadmill exercise on the amount of time spent exercising at different intensities. **METHODS:** Thirty-two college students participated in two conditions (*cell phone*, *control*). Participants were instructed that once they achieved a moderate intensity, the session would begin and they would be allowed to alter the treadmill speed. During the *cell phone* condition participants could use their cell phone for texting. During the *control* condition participants did not have access to their cell phone nor any interaction with other individuals/electronics. Heart rate was measured continuously and was used to determine how much time was spent exercising at different intensities. **RESULTS:** Vigorous intensity minutes was significantly greater ($p = 0.001$) in the *control* condition (12.94 ± 8.76 minutes) than the *cell phone* condition (7.09 ± 8.38 minutes). Low intensity minutes was significantly greater ($p = 0.001$) in the *cell phone* condition (9.47 ± 9.73 minutes) than the *control* condition (3.44 ± 6.52 minutes). Moderate intensity minutes in the *cell phone* (13.44 ± 8.43 minutes) and *control* (13.69 ± 8.13 minutes) conditions were not significantly ($p = 0.89$) different. **CONCLUSION:** Using a cell phone for texting can interfere with treadmill exercise.