**Title:** Music-Based Program to Mitigate Sedentary Behavior and Reduce Cardiovascular Disease Risk in the Work-place

**Short Description:** It is well known that sedentary behavior (for example prolonged sitting) is a risk factor for cardiovascular and metabolic diseases such as stroke and type 2 diabetes. There is now overwhelming evidence that increasing physical activity levels, as well as decreasing sedentary behaviors, benefit physiological and psychological health. Furthermore, sitting for as little as 40 minutes has been shown to cause vascular dysfunction. The Exercise and Sport Science (EXSS) department is planning a pilot study to test the feasibility of, and adherence to, a work-based intermittent music program to decrease sedentary behavior amongst the EXSS administrative staff. Last year’s COMP 523 class began this work with the development of a computer-based music website. Essentially the project’s current stage is an itunes-like party shuffle type of program, in which a song *only* comes on at user-designated intervals as a friendly reminder to stand up/stretch/walk etc. Simply put, the program would be a party shuffle with gaps of silence. The other component of the study on the technological side of things is that we are planning on using songs that these staff members have requested (we’ve already collected quite a bit of their song requests). In this way, it would be a self-determined database of their favorite songs that will come on periodically throughout the day to hopefully decrease sedentary behavior, improve physical and mental wellbeing, and enhance their work environment. While last year’s class successfully developed the website, it appears the IP address has since expired, the website-user interface needs updating, the song database needs expansion, and links to scientific sources regarding the deleterious effects of sedentary behavior and prolonged sitting must be added. All of the technological components of project (e.g. passwords, coding information, etc) from last year are on hand and accessible. Lastly, this project has the potential to be written up into a short manuscript and/or be presented at a conference if the pilot work is successful.