

# EXAMPLES OF LIFESTYLE PHYSICAL ACTIVITIES

**Table 6.1**

**Examples of Lifestyle Physical Activities**

Activity	Description	METs
Walking	Slow	3.0-4.0
	Brisk	4.0-5.5
Yard work	Pushing hand mower	6.0-7.0
	Pushing power mower	4.0-5.0
	Raking leaves	3.0-4.0
	Shoveling	5.0-7.0
	Chopping wood	6.0-7.0
Recreational	Bicycling (slow)	3.0-5.0
	Bicycling (brisk)	5.0-7.0
	Bowling	3.0-3.5
	Golf (walking)	3.5-4.5
	Social dance	3.0-6.0
Occupational work	Bricklaying	3.5
	Carpentry	5.5
	Heavy assembly work	5.5
Housework	Mopping floors	3.0-4.0
	Ironing	3.0
	Making beds	3.0
	Hanging the wash	3.5

# THE FIT FORMULA FOR LIFESTYLE PHYSICAL ACTIVITIES

Table 6.2

## The FIT Formula for Getting Health and Wellness Benefits From Lifestyle Physical Activities

<b>FIT formula</b>	<b>Threshold of training</b>	<b>Target zone</b>
<b>Frequency</b>	Most days of week	Daily, or most days of week
<b>Intensity</b>	Moderate activity equal to brisk walk 200+ Calories/day (4 METs)	Moderate activity equal to brisk walk 200+ calories/day (4-7 METs)
<b>Time</b>	30 min in bouts of 10+ min	30 min to several hr in bouts of 10+ min

**Overhead  
Transparency  
Master**

**6-C**

# NEW ATTITUDES

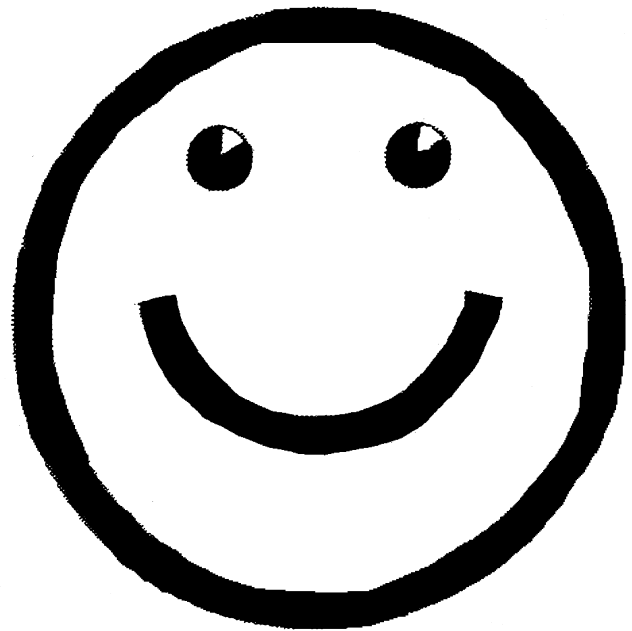
## CHANGE NEGATIVE ATTITUDES TO POSITIVE ONES

<b>Harmful negative attitude . . .</b>	<b>becomes helpful positive attitude</b>
“I don’t have the time.”	“I will plan a time.”
“I don’t want to get all sweaty.”	“I’ll allow time to wash up afterward.”
“People might laugh at me.”	“I don’t care if people laugh. When they see how fit I get, they’ll want to join me.”
“None of my friends work out, so I don’t.”	“I’ll ask my friends to join me, and we’ll work out together.”
“I get nervous and tense when I’m in sports and games.”	“Everyone gets nervous. I’ll try to stay calm and do the best I can.”

## INCREASE POSITIVE ATTITUDES

<b>Positive attitude . . .</b>	<b>can increase even more</b>
“My friends sometimes do physical activities.”	“Physical activities are a great way to meet people.”
“Physical activity is okay.”	“I think physical activity is really fun!”
“You have to work when you do physical activities.”	“I like the rigor of training.”
“You feel a little better when you exercise.”	“Physical activity is a good way to improve my health and wellness.”

## **BUILDING POSITIVE ATTITUDES**



- **Self-assess your attitudes.**
- **Identify reasons for negative attitudes.**
- **Find activities that bring out fewer negative attitudes.**
- **Choose activities that accentuate the positive.**
- **Change the situation.**
- **Be active with friends.**
- **Discuss your attitudes.**

**Application****6-A****PLANNING AND LOGGING YOUR LIFESTYLE PHYSICAL ACTIVITY**

This activity will allow you to think about and plan your lifestyle physical activity for one week.

**Chart 1—Planning Lifestyle Physical Activity**

Use this chart to check all of the lifestyle activities you plan to do for one week. Try to plan at least 30 minutes each day.

<b>Write the number of minutes you plan to spend in each activity each day.</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Brisk walking							
Yard work							
Active housework							
Gardening							
Social dancing							
Occupational activity							
Wheeling self in wheelchair							
Bicycling							
Walking							
Walking up and down stairs							
Other							
<b>Daily totals</b>							

**Chart 2—Logging Lifestyle Physical Activity**

Use this chart to record the total number of minutes you spent in each activity each day.

<b>Write the number of minutes you spent in each activity each day.</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
Brisk walking							
Yard work							
Active housework							
Gardening							
Social dancing							
Occupational activity							
Wheeling self in wheelchair							
Bicycling							
Walking							
Walking up and down stairs							
Other							
<b>Daily totals</b>							

1. Did you do 30 minutes of lifestyle physical activity every day? \_\_\_\_\_
2. If not, did you do 30 minutes of lifestyle physical activity on most days? \_\_\_\_\_
3. Did the logging of your activity make you more aware of your lifestyle activity patterns? Why or why not?  
\_\_\_\_\_

**Application****6-B****WHO'S GETTING ENOUGH  
LIFESTYLE PHYSICAL ACTIVITY?**

Look at the lifestyle physical activity patterns for three different people with three different jobs. Answer the questions below.

<b>Jon Yard care specialist</b>	<b>Sonia Insurance claims adjuster</b>	<b>Susan Nanny and housekeeper</b>
Mowing and general lawn care for 6 hours	Worked at her desk for 7 hours	Walked with kids to park and played with them for 1 hour after school
Built a brick patio for 90 minutes	Walked five flights of stairs to and from her office—total of 6 minutes	Mopped the floors for 20 minutes
Ate lunch for 30 minutes	Ate lunch at her desk for 1 hour	Ironed clothes for 30 minutes
Watched television all night	Played video games and watched television all night	Went out to dinner and a movie after work

- Which person spent the least total time in lifestyle physical activity? \_\_\_\_\_
- Which job required the most time in intense physical activity based on METs? What does the MET level indicate?  
\_\_\_\_\_  
\_\_\_\_\_
- What could Sonia do during the workday to increase her lifestyle physical activity?  
\_\_\_\_\_
- What would you guess is the average MET level of Susan's activities? What might Susan need to do to enhance her lifestyle activity?  
\_\_\_\_\_  
\_\_\_\_\_
- Select three different careers you might be interested in pursuing and write them below. How many minutes per day do you think you would engage in moderate lifestyle activity at each job? Would the job provide enough opportunity to meet the recommended guidelines for lifestyle physical activity?

<b>Career</b>	<b>Time in activity</b>	<b>Is it enough?</b>



# 6

## Reinforcement

### ACTIVITY WORD SCRAMBLE

Complete the sentences below by unscrambling the underlined words and writing them in the blanks. Then use the numbered letters to decode the message at the bottom of the page.

1. The most popular activities among adults over 18 are walking, biking, yard work, and MEOH CAEHICNTLSIS.  
 \_\_\_\_\_ <sup>1</sup> \_\_\_\_\_
2. People who have more SIVPOTIE attitudes are more likely to be active.  
 \_\_\_\_\_ <sup>2</sup> \_\_\_\_\_
3. Your positive reactions to activity can help others change IGNAVTEE SLEFIGEN about physical activity.  
 \_\_\_\_\_ <sup>3</sup> \_\_\_\_\_
4. The FIT formula for lifetime activities suggests that you should accumulate YHTTRI NTEMIUS of activity daily.  
 \_\_\_\_\_ <sup>4</sup> \_\_\_\_\_
5. Accumulating 10,000 steps per day will help you to meet the OGRSENU GNELERA's recommendation for lifestyle physical activity.  
 \_\_\_\_\_ <sup>5</sup> \_\_\_\_\_
6. A EDPOEEMTR is a small, battery-powered device that can keep track of steps and distance walked.  
 \_\_\_\_\_ <sup>6</sup> \_\_\_\_\_
7. The MET is a term used to describe the SNIYETINT of physical activity.  
 \_\_\_\_\_ <sup>7</sup> \_\_\_\_\_
8. Moderate physical activity is equal in intensity to BKIRS KAIGLWN.  
 \_\_\_\_\_ <sup>8</sup> \_\_\_\_\_
9. ETAITDTU is another word for your feelings.  
 \_\_\_\_\_ <sup>9</sup> \_\_\_\_\_

Getting enough regular physical activity is important in maintaining a healthy  
 \_\_\_\_\_



# 6

## Chapter Test

### LIFESTYLE PHYSICAL ACTIVITY AND POSITIVE ATTITUDES

Choose the letter of the *best* answer for questions 1-14.

Use what you learned throughout the chapter to answer the final question.

1. Moderate physical activity requires
  - a. 1-2 times more energy than rest.
  - b. 4-7 times more energy than rest.
  - c. 9-13 times more energy than rest.
  - d. 15-20 times more energy than rest.
2. A MET refers to
  - a. the amount of energy to sustain life.
  - b. a mastery of exercise.
  - c. power output during exercise.
  - d. a sedentary person.
3. According to the FIT formula, you should engage in moderate activity
 

a. on all or most days of the week.	c. 2-3 days per week.
b. 3-5 days per week.	d. 1 day per week.
4. The most popular activity choice of people over 18 is
 

a. football.	c. swimming.
b. bicycling.	d. walking.
5. Experts suggest that you should get your moderate activity in bouts of
  - a. at least 30 minutes at a time.
  - b. at least 10 minutes at a time.
  - c. at least 2 minutes at a time.
  - d. it really doesn't matter.
6. To get enough moderate physical activity each day, you should burn at least \_\_\_\_\_ calories per day in moderate activity.
 

a. 100	c. 500
b. 200	d. 700
7. For optimal benefits to health and wellness, you should try to burn \_\_\_\_\_ calories over the course of a week.
 

a. 2,000-3,500	c. 10,000-11,000
b. 5,000-7,500	d. 12,000-15,000
8. A small computer device that measures steps and distances walked is called a
 

a. heart rate monitor.	c. pedometer.
b. PACER.	d. milia passuum.
9. Some experts believe that if you walk at least \_\_\_\_\_ steps each day, you will be in the target zone for lifestyle physical activity.
 

a. 2,000	c. 10,000
b. 5,000	d. 12,000
10. Another word for your feelings is
 

a. target.	c. cognition.
b. identity.	d. attitude.
11. If you "don't want to get sweaty doing activity," you should try to change your attitude to
  - a. "I won't work hard enough to sweat."
  - b. "I just won't do it at all."
  - c. "I will allow time to wash up afterwards."
  - d. "I will only do activity if I'm not going to see anyone afterwards."
12. One way to start to build a positive attitude is to
  - a. self-assess your attitudes toward activity.
  - b. give up whenever you feel challenged.
  - c. compare yourself to others and put other people down.
  - d. ignore your attitudes altogether.
13. Christina hates playing softball because her uniform doesn't fit and she feels insecure when she wears it. Christina should try
  - a. dropping out of softball.
  - b. asking for another uniform that fits better.
  - c. asking her coach to let her sit out more often.
  - d. making fun of everyone else in their uniforms.
14. David loves to play basketball at the park, but the other kids that show up to play are all really competitive and better than he is. David feels insecure about playing at the park. David could
  - a. ask some of his friends to try basketball with him.
  - b. share his feelings with his close friends.
  - c. try playing at a different park or in a recreational league.
  - d. any of the above might work for David.
15. What is moderate lifestyle physical activity and what are some examples of it?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_