

PLAN TO ACTIVATE

The kind and amount of activity you choose depends on your age, physical condition, and previous activity habits. For example, if you like competition you might choose a favorite sport. The activity chosen should fit your lifestyle. Avoid seasonal sports or choose a different one for each season of the year. If you aren't sports-minded, perhaps walking or jogging would be best for you. Remember, though, that you need to incorporate this activity into your every day lifestyle, not just "once-a-week". For many people, learning to be more active is more difficult than learning to eat less.

Here are some suggestions which may help you to increase the activity level in your everyday routine.

1. Walk more, weigh less.

- a. Walk rather than ride whenever you have the opportunity. If you work away from home, consider walking all or part of the way to work. If you are going on an errand, park your car half a mile from your destination. Walking a half mile per day burns up three to five pounds of fat a year.
- b. Walk up and down stairs instead of using the elevator in a store or office building. If you do so in a two-story building four times a day, five days a week, 50 weeks a year, you will burn up to eight pounds of fat in ten years.

2. Labor-saving devices...may not be a blessing. For instance, telephone companies claim that an extension phone "saves" the homemaker from walking 70 miles a year. Thus, a 150-lb. person could very easily do without the extra phone and expend 5,000 calories a year--the equivalent of 14 pounds of fat in 10 years. In addition, this type of activity would not be thought of as "planned" exercising but would soon become a changed and beneficial way of life.

Other examples of labor-saving devices such as a riding lawn mower, automatic washing machine, dishwasher, and clothes dryer do save time but decrease our energy expenditure.

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Here are some examples of typical daily energy expenditures:

TOTAL ENERGY EXPENDITURE¹

ACTIVITY	TIME		RATE	TOTAL USED
	Hours	Minutes	Calories/minute	Calories
Sleeping and lying ²	8	480	1.0	480
Sitting ³	6	360	1.1	400
Standing ⁴	6	360	1.5	540
Walking ⁵	2	120	2.5	300
Other ⁶	<u>2</u>	<u>120</u>	3.0	<u>360</u>
	24	1440		Total 2100

¹Woman weighing 128 pounds. Larger persons, having more body mass to move would use proportionally more calories per minute compared to smaller persons.

²Energy expenditure for maintenance of basal body functions.

³Includes normal activity carried on while sitting such as reading, driving an automobile, eating, playing cards, or desk work.

⁴Includes normal indoor activities while standing and walking, such as moving from room to room, dressing and undressing, bathing, housework, etc.

⁵Includes purposeful walking, mostly outdoors, such as from home to bus to work site, and other comparable activities.

⁶Includes sports activities, exercises, stair climbing, or occupational activities involving physical work.

Adapted by Stuart, R. B. and B. Davis, Slim Chance In A Fat World: Behavioral Control of Obesity. Research Press. Champaign, Illinois. 1972. From National Research Council, Food and Nutrition Board. Recommended Dietary Allowances. Publication 1146. 6th Rev. Ed., Washington, D.C.: National Academy of Sciences.

Think about your activity pattern for yesterday. Write down all your activities for the day and the time spent at each. Divide the activities into the categories of sleeping and lying, sitting, standing, walking, and other according to the classification given in the example.

Activity

Time

Determine the time and the number of calories spent on each level of activity, and the total number of calories burned for the day.

24-HOUR ENERGY EXPENDITURE - PRESENT LEVEL OR ACTIVITY

ACTIVITY	TIME	RATE	TOTAL USED
	Hours or Minutes	Calories/minute	Calories
Sleeping and lying		1.0	
Sitting		1.1	
Standing		1.5	
Walking		2.5	
Other		3.0	
			Total

Are you relatively sedentary or more active? _____

State two ways in which you will increase daily activity:

- 1.
- 2.