



Calories OUT: Activity Guidelines

“FITT”

Frequency

Intensity

Time

Type



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Centers for Disease Control and Prevention; National Heart Lung and Blood Institute



Calories OUT: Activity Guidelines

Frequency

*How often
you are
physically active*



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Calories OUT: Activity Guidelines



Intensity
*Your level of
physical activity*

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Centers for Disease Control and Prevention; National Heart Lung and Blood Institute

Examples of Activity

LIGHT-INTENSITY

- ➔ • Grocery shopping
- Cleaning house



MODERATE-INTENSITY

- ➔ • Biking less than 10 miles per hour
- Light yard work (rake, trim)
- Ballroom/line dancing
- Catch & throw sports
- Water aerobics

Focus on moderate- and
vigorous-intensity activities

VIGOROUS-INTENSITY

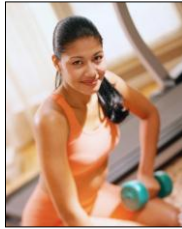
- ➔ • Biking more than 10 miles per hour
- Heavy yard work (dig, hoe)
- Aerobic/fast dancing
- Sports with running (soccer, basketball, hockey)
- Jumping rope



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Be Active Your Way. U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

MODERATE-INTENSITY ACTIVITY	Calories used in 1 hour*	Calories used in 30 minutes*
Dancing	330	165
Bicycling (less than 10mph)	290	145
Walking (3½ mph)	280	140
Weight training	220	110
Stretching	180	90



*For a 154-pound man (5'10")

USDA MyPyramid

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VIGOROUS-INTENSITY ACTIVITY	Calories used in 1 hour*	Calories used in 30 minutes*
Heavy yard work (chop wood)	440	220
Aerobics	480	240
Bicycling (more than 10mph)	590	295
Jogging (5 mph)	590	295
Swimming (slow freestyle laps)	510	255
Basketball	440	220



*For a 154-pound man (5'10")

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DAILY LIVING ACTIVITY	Time & Frequency	Pounds lost per year*
Walk briskly part of the way to/from work/home	10 min 5X/week	4
Use the stairs whenever possible	5 min 5X/week	2
Take a brisk walk during your lunch break	10 min 5X/week	4
Ride stationary bike while reading/listening to music	10 min 5X/week	5
Play actively with your children	15 min 7X/week	7



*For a 154-pound person

Fitting Fitness In

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Calories OUT: Activity Guidelines



Time
*How long
you are
physically active*

Adults: At least 30 minutes most days – at least 10 minutes at a time

Children: At least 60 minutes per day

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Guidelines for important health benefits

Adults need:

Aerobic/Cardio Activity
At least 150 minutes per week



and

Muscle-strengthening & Flexibility Training
2 days per week



Centers for Disease Control and Prevention

Guidelines for important health benefits

Children need age-appropriate activity
at least 60 minutes per day



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National Association for Sports and Physical Education; Centers for Disease Control and Prevention



Calories OUT: Activity Guidelines

Type
*aerobic or
strength training*



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How much activity do you need?

**For general health, adults need 30 minutes most days.
More intensity and time is needed for weight loss.**

AEROBIC ACTIVITY

- ➔ Moderate-intensity: faster heart beat – can talk easily
- ➔ Vigorous-intensity: stronger heart beat – difficult to talk



HOW MUCH?

- ➔ Moderate-intensity: 150 minutes/week
- OR-
- ➔ Vigorous-intensity: 75 minutes/week
- ➔ Periods of 10 minutes or more



Some activity is better than none!

Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans; Centers for Disease Control and Prevention; National Heart Lung and Blood Institute; American Cancer Society

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How much activity do you need?

For general health, adults need strengthening 2 days a week.

MUSCLE STRENGTH TRAINING

- ➔ • Makes muscles stronger
- Keeps muscle tissue lean
- Examples: lift weights; push-ups, yoga



HOW MUCH?

- ➔ • 2 days or more per week
- Include all major muscle groups: legs, hips, back, chest, stomach (abs), shoulders, arms
- 10-15 repetitions



Be Active Your Way - U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans; Centers for Disease Control and Prevention; National Heart Lung and Blood Institute; Go4Life Exercise Guide - National Institute on Aging

Avoiding Injury

To stay safe while exercising:

- Start slowly and build up.
- Learn what's right for you.
- Choose activities that fit your fitness level.
- As you become more active, add more time to activities before switching to different ones.
- Use the right equipment and gear.
- Choose a safe place to exercise.
- If you have a health problem, see your doctor.



Be Active Your Way, U.S. Department of Health and Human Services 2008 Activity Guidelines for Americans

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