

Physical Activity

Regular physical activity can help you *feel better* because it:

- Boosts energy
- Helps you cope with stress
- Improves self-image
- Increases resistance to fatigue
- Helps counter anxiety and depression
- Helps you relax and feel less tense
- Improves your ability to fall asleep and sleep well
- Provides an easy way to share time with friends or family and an opportunity to meet new friends



Physical Activity

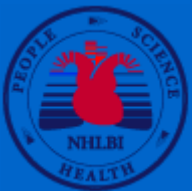
Regular physical activity can help you *look better* because it:

- Tones muscles
- Burns off calories to help lose extra pounds or to help you stay at your desirable weight--each pound requires you to burn off 3,500 more calories than you take in
- Helps control your appetite



Calories Burned During Physical Activities

Activity	Calories Burned in an Hour	
	Man	Woman
Light Activity:	300	240
Cleaning house		
Office work		
Playing baseball		
Playing golf		
Moderate Activity:	460	370
Walking briskly (3.5 mph)		
Gardening		
Cycling (5.5 mph)		
Dancing		
Playing basketball		



Dietary Guidelines for Americans, USDA, DHHS, 3rd edition, 1990 (adapted from McArdle et al., "Exercise Physiology," 1986).



Calories Burned During Physical Activities

Activity	Calories Burned in an Hour	
	Man	Woman
Strenuous Activity:	730	580
Jogging (9 min/mile)		
Playing football		
Swimming		
Very Strenuous Activity:	920	740
Running (7 min/mile)		
Racquetball		
Skiing		



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Examples of moderate amounts of physical activity

Common Chores

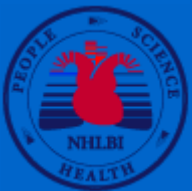
- Washing and waxing a car for 45-60 min.
- Washing windows or floors for 45-60 min.
- Gardening for 30-45 min.
- Wheeling self in wheelchair 30-40 min.
- Pushing a stroller 1½ miles in 30 min.
- Raking leaves for 30 min.
- Walking 2 miles in 30 min. (15 min/mile)
- Shoveling snow for 15 min.
- Stairwalking for 15 min.



Examples of moderate amounts of physical activity

Sporting Activities

- Playing volleyball for 45-60 min.
- Playing touch football for 45-60 min.
- Walking 1¾ miles in 35 min. (20 min/mile)
- Basketball (shooting baskets) for 30 min.
- Bicycling 5 miles in 30 min.
- Water aerobics for 30 min.
- Swimming Laps for 20 min.
- Basketball (playing game) for 15-20 min.
- Bicycling 4 miles in 15 min.
- Jumping rope for 15 min.
- Running 1½ miles in 15 min. (10 min/mile)
- Dancing fast (social) for 30 min.



Physical Activity

Regular physical activity can help you *feel better* because it:

- Boosts energy
- Helps you cope with stress
- Improves self-image
- Increases resistance to fatigue
- Helps counter anxiety and depression
- Helps you relax and feel less tense
- Improves your ability to fall asleep and sleep well
- Provides an easy way to share time with friends or family and an opportunity to meet new friends



The next series of slides explores the benefits of increasing physical activity as part of an overall weight loss or control program, or as a general strategy for improving your lifestyle. Physical activity can improve your general cardiovascular health as well as help you feel better because it:

- Boosts energy
- Helps you cope with stress
- Improves self-image
- Increases resistance to fatigue
- Helps counter anxiety and depression
- Helps you relax and feel less tense
- Improves your ability to fall asleep and sleep well
- Provides an easy way to share time with friends or family and an opportunity to meet new friends

Physical Activity

Regular physical activity can help you *look better* because it:

- Tones muscles
- Burns off calories to help lose extra pounds or to help you stay at your desirable weight--each pound requires you to burn off 3,500 more calories than you take in
- Helps control your appetite





Increasing physical activity can also help you look better because it:

- Tones muscles
- Burns off calories to help lose extra pounds or to help you stay at your desirable weight--each pound requires you to burn off 3,500 more calories than you take in
- Helps control your appetite

The benefit of feeling and looking better is the motivation you will receive to continue to be physically active.

Calories Burned During Physical Activities

Activity	Calories Burned in an Hour	
	Man	Woman
Light Activity:	300	240
Cleaning house		
Office work		
Playing baseball		
Playing golf		
Moderate Activity:	460	370
Walking briskly (3.5 mph)		
Gardening		
Cycling (5.5 mph)		
Dancing		
Playing basketball		


 Dietary Guidelines for Americans, USDA, DHHS, 3rd edition, 1990 (adapted from McArdle et al., "Exercise Physiology", 1986). *
 

The next two slides show the number of calories burned during physical activity. The calories burned are listed for a 175 pound healthy man and a 140 pound healthy woman. The number of calories you burn in an hour for each activity may vary according to a variety of factors, including environmental conditions.

This slide shows the calories burned during light or moderate activity.

Calories Burned During Physical Activities

Activity	Calories Burned in an Hour	
	Man	Woman
Strenuous Activity:	730	580
Jogging (9 min/mile)		
Playing football		
Swimming		
Very Strenuous Activity:	920	740
Running (7 min/mile)		
Racquetball		
Skiing		



Dietary Guidelines for Americans, USDA, DHHS, 3rd edition,
1990 (adapted from McArdle et al., "Exercise Physiology", 1986).*



This slide shows the calories burned during strenuous and very strenuous activity.

Examples of moderate amounts of physical activity

Common Chores

- Washing and waxing a car for 45-60 min.
- Washing windows or floors for 45-60 min.
- Gardening for 30-45 min.
- Wheeling self in wheelchair 30-40 min.
- Pushing a stroller 1½ miles in 30 min.
- Raking leaves for 30 min.
- Walking 2 miles in 30 min. (15 min/mile)
- Shoveling snow for 15 min.
- Stairwalking for 15 min.



The next two slides show examples of moderate activity that almost anyone can use to help increase physical activity and improve their cardiovascular health and weight control or loss. Moderate activity is an important aspect of physical activity that can be enjoyable and beneficial.

This list of everyday common chores is a helpful reminder that one can participate in moderate activity on a daily basis by changing very little. For example, if you work in an office building, you can take the stairs instead of the elevator a few times each day. Over the course of a few weeks you will begin to feel better.

Examples of moderate amounts of physical activity

Sporting Activities

- Playing volleyball for 45-60 min.
- Playing touch football for 45-60 min.
- Walking 1¾ miles in 35 min. (20 min/mile)
- Basketball (shooting baskets) for 30 min.
- Bicycling 5 miles in 30 min.
- Water aerobics for 30 min.
- Swimming Laps for 20 min.
- Basketball (playing game) for 15-20 min.
- Bicycling 4 miles in 15 min.
- Jumping rope for 15 min.
- Running 1½ miles in 15 min. (10 min/mile)
- Dancing fast (social) for 30 min.



This list shows the sporting activities that are considered moderate activity. The important message here is to participate on a regular basis to gain the benefits you have as a goal. Regular moderate activity, sustained over time, is a practical way to increase your cardiovascular health and to maintain weight loss.