



weeks to
WELLNESS



MANAGE WEIGHT • IMPROVE HEALTH • FEEL BETTER

with the Y



WEEK FOUR WORKSHEETS:

**UNDERSTANDING
PHYSICAL ACTIVITY**





8 weeks to WELLNESS



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Physical Activity Plan

WORKSHEET

HOW MUCH AND WHAT KIND OF PHYSICAL ACTIVITY DO YOU NEED?

The CDC recommends 150 minutes of moderate physical activity each week. When building your plan, remember:

- > Pick activities you like to do
- > Work up to your goal slowly – start by adding 30 minutes per week from where you are right now
- > Find a workout buddy to help keep you accountable
- > Spread the total over 4 to 5 days (or more) per week

HOW ACTIVE ARE YOU CURRENTLY?

WHAT TYPE(S) OF PHYSICAL ACTIVITY DO YOU DO NOW?

HOW OFTEN ARE YOU CURRENTLY ACTIVE?

HOW LONG ARE YOU TYPICALLY ACTIVE FOR?

WHAT ACTIVITIES DO YOU ENJOY OR WANT TO TRY?

WHAT CAN GET IN THE WAY OF YOUR ACTIVITY GOALS?

WHAT CAN YOU DO IF SOMETHING GETS IN THE WAY?

BEING MORE ACTIVE CAN HELP YOU:

- > Feel better physically and mentally
- > Become more physically fit
- > Better sleep
- > Manage your weight and stress levels
- > Lower risk of heart disease, diabetes, and some cancers
- > Have more energy to do the things you like to do

WHAT OTHER BENEFITS OF REGULAR PHYSICAL ACTIVITY COME TO MIND?

We know it's not easy to get started being more active so we are here to help!











Try the Virtual Y for a variety workouts for beginners:

seattlemca.org/virtualy



ACTIVITY & EXERTIONS LEVELS

Being physically active is an important part of your health. It is recommended that adults get a minimum of 30 minutes of moderate to vigorous exercise at least five days a week. Because every body is different, it can be difficult to know what moderate to vigorous exercise feels like. Use the tool below to see how hard you're working when being physically active. Use the rate of perceived exertion scale or the talk test to adjust the intensity of your activity as needed.

SCALE	1	2	3	4	5	6	7	8	9	10
										
Exertion Level	Very Light	Light	Moderate – No Sweat	Moderate – Sweat	Moderate – Vigorous Sweat	Vigorous	Vigorous – Strenuous	Strenuous	Strenuous – Severe	Severe
Talk Test	Talking normally with normal breathing	Talking normally with normal breathing	Able to converse with moderately heavy breathing	Able to converse but with heavy breathing	Able to speak but with very heavy breathing	Able to speak only 1–2 sentences with heavy breathing	Only able to speak broken sentences with heavy breathing	Only able to speak in syllables with very heavy breathing	Cannot talk with very heavy breathing	Cannot talk and gasping for breath
Example Activity	Standing	Leisurely Walking	Brisk walk	Fast walk, jog	Very fast walk, jog	Run	Fast run	Very fast run	Race pace	All out sprint

WEEKLY ACTIVITY PLANNER

Put your plan into action! Be sure to schedule your physical activity each week. Put it on your calendar and treat it as you would any other appointment. Prioritize it and reschedule it if something comes up! Feel free to challenge yourself but be sure to listen to your body and choose activities that you enjoy!

DAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Type of Physical Activity							
Time of Day							
Duration of Activity in min.							
<input checked="" type="checkbox"/> Completed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments							







F.I.T.T. Principle

INFOSHEET

The F.I.T.T. principle can help you to progress with your physical activity goals.

Our bodies become efficient at performing the same activities over time. By changing the Frequency, Intensity, Time, or Type of exercise, you can push through plateaus, reduce boredom, and reach fitness goals without getting hurt. Consider all three types of fitness: aerobic, strength, and flexibility, as you explore this principle.

WHAT F.I.T.T. STANDS FOR:		WHAT TO DO:
F requency 	How OFTEN you are active	<ul style="list-style-type: none"> > Try to be active on most days of the week: <ul style="list-style-type: none"> • At least 3 days per week is recommended • 5 to 7 days per week is even better > Increase slowly
I ntensity 	How HARD you are working while being active	<ul style="list-style-type: none"> > Breathe fast enough that you can talk but not sing: <ul style="list-style-type: none"> • If you can break into song, speed it up • If you have trouble breathing and talking, slow down > As you do regular activity over time, your heart won't beat as fast so you'll need to do more challenging activities to raise your heart rate
T ime 	How LONG you are active	<ul style="list-style-type: none"> > Stay active for at least 10 minutes > Slowly increase to 20–60 minutes > Total minutes per week = activity goal
T ype 	WHAT type of activity you are performing	<ul style="list-style-type: none"> > Heart fitness activities are those that: <ul style="list-style-type: none"> • Challenge your heart • Use large muscle groups • Last 10 minutes or longer > Example: Brisk walking