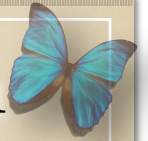
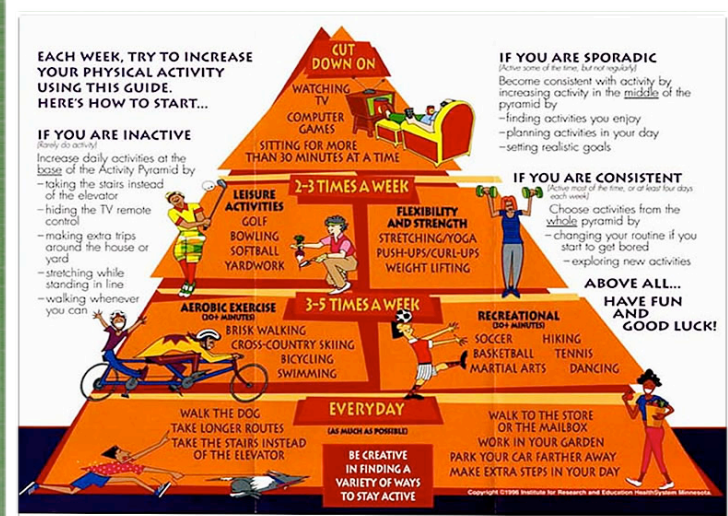


S.M.A.R.T.steps To Better Health



STEP 7:

WEEK 7



“I am grateful for an active lifestyle”

Working the Ground

The first two phases of the program focused on rest followed by providing the body with the appropriate fuel. We will now look at ways to increase the amount of energy that we expend. You should have had your physical exam by your doctor and advised that it is OK to increase your activity.

The goal is to get 30 - 60 minutes of moderate physical activity in most days of the week. The term “physical activity” is used because good physical health does not require a formal exercise program at a gym or fitness club, there are normal activities of daily living that can count as exercise. For an activity to be beneficial it should involve more than 3 METs. Don’t worry about what a met actually is, but have a look at the chart to get a sense of the activities that are under 3 METs and

those that are over 3 METs. In addition to this it is helpful to have in your program activities that build strength and increase endurance. This weeks goals are:

1) Assess Your Level of Physical Activity: Review the list on the next page and estimate the amount of physical activity that you get in a day. Remember the goal is to get in 30-60 minutes most days of the week.

Estimated Minutes per Day: _____

2) Estimate Your Level of Fitness: Its now time to see what you can do. Listed below are 4 fitness test. Write in your score based on the tables on the pages that follow:

Step Test: _____

Push-ups: _____

Sit-ups in 60 Seconds: _____

Squat Test: _____

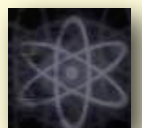
- determine your daily minutes of moderate physical activity
- assess fitness level
- take some body measurements

3) More Measuring: Now its time for some additional measuring. This time its actual body measurements. Fill out the table below assessing where you are now and where you would like to be (circumference).

AREA	TODAY	GOAL
Stomach		
Upper Arm		
Thigh		

Measure in inches. For stomach Men should be <40 women less than 35.

Since activities require energy, each activity can be rated based on the number of METs required to perform that activity. One MET (“metabolic equivalent”) is considered the energy expenditure of an individual when completely at rest. Household activities like vacuuming and mopping require about 3.5 METs to perform. That is, you’re using about 3.5 times more energy to vacuum than you do when resting. Moderately vigorous activities such as raking, mowing and weeding require 4.5 to 5 METs. Sports like basketball, touch football and tennis require about 7 to 8 METs. Running 6 mph (a 10-minute mile) requires 10 METs. Comments from Jim Johnson, Ph.D., professor of exercise and sport studies at Smith College in Northampton, Mass



LOW LEVEL ACTIVITIES (LESS THAN 3 METS)	MODERATE LEVEL ACTIVITIES (3-6 METS)	VIGOROUS LEVEL ACTIVITIES (> 6 METS)
2.3 home activities wash dishes - or standing in general (not broken into stand/walk components)	3.3 home activities carpet sweeping, sweeping floor	7.5 home activities carrying groceries upstairs
2.0 home activities cooking or food preparation - standing or sitting or in general	3.5 home activities mopping, vacuuming	8.0 running jogging, in place
2.3 home activities ironing	6.0 home activities moving furniture, household items, carrying boxes	0 8.0 running running, 5 mph (12 min/mile)
2.0 home activities implied standing - laundry, fold or hang clothes, put clothes away	3.8 home activities scrubbing floors, on hands and knees, scrubbing bathroom,	15.0 running running, stairs, up
2.0 home activities making bed	4.0 home activities sweeping garage, sidewalk or outside of house	7.0 sports skating, roller
2.5 home activities watering plants	4.0 home activities walk/run - playing with child(ren), animals- moderate	8.0 sports rope jumping, slow
2.5 home activities sit, playing with animals, light, only active periods	5.5 lawn and garden mowing lawn, walk, power mower	7.0 sports soccer, casual, general
1.0 inactivity quiet lying quietly, watching television talking or talking on phone	4.5 lawn and garden operating snow blower, walking 4.3 lawn and garden raking lawn	12.0 sports rope jumping, fast
1.0 inactivity quiet sitting quietly and watching television	6.0 lawn and garden shoveling snow, by hand	7.0 sports tennis, general
1.2 inactivity quiet standing quietly (standing in a line)	6.0 occupation shoveling, light (less than 10 pounds/minute)	8.0 bicycling bicycling, general
1.3 sexual activity general, moderate effort	4.0 occupation lifting items continuously, 10 – 20 lbs, with limited walking or resting	8.0 conditioning exercise calisthenics (e.g. pushups, sit-ups, pull-ups, jumping jacks), heavy, vigorous effort
2.5 lawn and garden mowing lawn, riding mower	6.0 occupation using heavy power tools such as pneumatic tools (jackhammers, drills, et	17.0 occupation forestry, ax chopping, fast
1.5 lawn and garden watering lawn or garden, standing or walking	4.0 occupation walking, 3.0 mph, moderately and carrying light objects less than 25 lbs	8.0 sports basketball, game
1.8 miscellaneous sitting - studying, general, including reading and/or writing card playing, playing board games	6.0 running jog/walk combination (jogging component of less than 10 minutes)	8.0 sports handball, team
2.3 miscellaneous standing - drawing (writing), casino gambling, duplicating machine	3.0 sports bowling	7.0 sports racquetball, casual, general
1.5 occupation sitting meetings, general, and/or with talking involved, eating at a business	4.5 sports golf, general	9.0 occupation shoveling, heavy (more than 16 pounds/minute
1.5 occupation typing, computer work	4.0 sports tai chi	12.0 occupation fire fighter, general
2.0 occupation police, driving a squad car (sitting)	3.0 walking downstairs	8.0 walking up stairs, using or climbing up ladder

Step Test: Using a 12 inch high bench (or a similar sized stair in your house), step on and off for 3 minutes. Step up with one foot and then the other. Step down with one foot followed by the other foot. Try to maintain a steady four beat cycle. It's easy to maintain if you say "up, up, down, down". Go at a steady and consistent pace. At the end of 3 minutes, remain standing while you immediately check your heart rate by taking your pulse for one minute.

AGE	26-35		36-45		46-55		56-65		65+	
GENDER	M	F	M	F	M	F	M	F	M	F
EXCELLENT	<81	<88	<83	<90	>87	<94	<86	<95	<88	<90
GOOD	81-89	88-99	83-96	90-102	87-97	94-104	86-97	95-104	88-96	90-102
ABOVE AVERAGE	90-99	100-111	97-103	1-3-110	98-105	105-115	98-103	105-112	97-103	103-115
AVERAGE	100-107	112-119	104-112	11-118	106-116	116-120	104-112	113-118	104-113	116-122
BELOW AVERAGE	108-117	120-126	113-119	119-128	117-122	121-129	113-120	119-128	114-120	123-128
POOR	118-128	127-138	12--130	129-140	123-132	130-135	121-129	129-139	121-130	129-134
VERY POOR	>128	>138	>130	>140	>132	>135	0.13	>139	>130	>134

Sit-ups in 60 Seconds: Starting Position: Lie on a carpeted or cushioned floor with your knees bent at approximately right angles, with feet flat on the ground. Your hands should be resting on your thigh Technique: Squeeze your stomach, push your back flat and raise high enough for your hands to slide along your thighs to touch the tops of your knees. Don't pull with you neck or head and keep your lower back on the floor. Then return to the starting position.

AGE	18-25		26-35		36-45		46-55		56-65		65+	
GENDER	M	F	M	F	M	F	M	F	M	F	M	F
EXCELLENT	>49	>43	>45	>39	>41	>33	>35	>27	>31	>24	>28	>23
GOOD	44-49	37-43	40-45	33-39	35-41	27-33	29-35	22-27	25-31	18-24	22-28	17-23
ABOVE AVERAGE	39-43	33-36	35-39	29-32	30-34	23-26	25-28	18-21	21-24	13-17	19-21	14-16
AVERAGE	35-38	29-32	31-34	25-28	27-29	19-22	22-24	14-17	17-20	10-12	15-18	11-13
BELOW AVERAGE	31-34	25-28	29-30	21-24	23-26	15-18	18-21	10-13	13-16	7-9	11-14	5-10
POOR	25-30	18-24	22-28	13-20	17-22	7-14	13-17	5-9	9-12	3-6	7-10	2-4
VERY POOR	<25	<18	<22	<20	<17	<7	<9	<5	<9	<3	<7	<2

Squat Test: Stand in front of a chair or bench with your feet at shoulder's width apart, facing away from it. Place your hands on your hips. Squat down and lightly touch the chair before standing back up. A good sized chair is one that makes your knees at right angles when you are sitting. Keep doing this until you're fatigued (you can stop at 60 if you like). Write down how many squats you can do.

AGE	18-25		26-35		36-45		46-55		56-65		65+	
GENDER	M	F	M	F	M	F	M	F	M	F	M	F
EXCELLENT	>49	>43	>45	>39	>41	>33	>35	>27	>31	>24	>28	>23
GOOD	44-49	37-43	40-45	33-39	35-41	27-33	29-35	22-27	25-31	18-24	22-28	17-23
ABOVE AVERAGE	39-43	33-36	35-39	29-32	30-34	23-26	25-38	18-21	21-24	13-17	19-21	14-16
AVERAGE	35-38	29-32	31-34	25-28	27-29	19-22	22-24	14-17	17-20	10-12	15-18	11-13
BELOW AVERAGE	31-34	25-28	29-30	21-24	3-26	15-18	18-21	10-13	13-16	7-9	11-14	5-10
POOR	25-30	18-24	22-28	13-20	17-22	7-14	13-17	5-9	9-12	3-6	7-10	2-4
VERY POOR	<25	<18	<22	<20	<17	<7	<9	<5	<9	<3	<7	<2

Push-Ups: Men should use the standard "military style" pushup position with only the hands and the toes touching the floor. Women have the additional option of using the "bent knee" position. To do this, kneel on the floor, hands on either side of the chest and keep your back straight. Do as many push ups as possible until exhaustion. Count the total number of pushups performed. Use the chart below to find out how you rate.

AGE	17-19		20-29		30-39		40-49		50-59		60-65	
GENDER	M	F	M	F	M	F	M	F	M	F	M	F
EXCELLENT	>56	>35	>47	>36	>41	>37	>34	>31	>31	>25	>30	>23
GOOD	47-56	27-35	39-47	30-36	34-41	30-37	28-34	25-31	25-31	21-25	24-30	19-23
ABOVE AVERAGE	35-46	21-27	30-39	23-29	25-33	22-30	21-28	18-24	18-24	15-20	17-23	13-18
AVERAGE	19-34	11-20	17-29	12-22	13-24	10-21	11-20	8-17	9-17	7-14	6-16	5-12
BELOW AVERAGE	11-18	6-10	10-16	7-11	8-12	5-9	6-10	4-7	5-8	3-6	3-5	2-4
POOR	4-10	2-5	4-9	2-6	2-7	1-4	1-5	1-3	1-4	1-2	1-2	1
VERY POOR	<4	0-1	<4	0-1	<2	0	0	0	0	0	0	0