

TIP OF THE MONTH: HOW ACTIVE ARE YOU?

Mild Aerobic Exercises

Walking (slower than 4.5 mph)	Baseball	Bowling
Alpine Skiing	Fishing	Water walking
Bicycling (slower than 11 mph)	Swimming	Golf

Moderate Aerobic Exercises

Walking (4.5-5 mph)	Circuit Weight Training	Racquetball and Squash
Running (5-6 mph)	Ice Skating	Martial Arts
Aerobic Dance-low impact	Tennis, competitive	Roller skating
Basketball	Soccer	Volleyball
Bicycling (11-14 mph)	Badminton, competitive	Stair stepping

Maximal Aerobic Exercises

Running (7-9 mph)	Bicycling (15-20 mph)	Hiking and climbing
Rope skipping (120-140 rpm)	Walking (5.8-6.0 mph)	Rowing/canoeing
Cross-Country skiing (7-9 mph)	Swimming (55-70 yd/min)	Handball, competitive.

Start at the level that you are most comfortable with, and then increase by 5 minutes on a weekly basis, with the goal for exercise at 60 minutes 3-5 times a week. Make sure to incorporate a resistance program as well, more on that next week.

TIP OF THE MONTH: HOW ACTIVE ARE YOU?

<u>Activity</u>	<u>Calories Burned in an Hour</u>	
Light Activity:	Man: 300 calories	Woman: 240 calories
Cleaning house		
Office work		
Playing baseball		
Playing golf		
Moderate Activity:	Man: 460 calories	Woman: 370 calories
Walking briskly (3.5 mph)		
Gardening		
Cycling (5.5mph)		
Dancing		
Playing basketball		
Strenuous Activity:	Man: 730 calories	Woman: 580 calories
Jogging (9 min/mile)		
Playing football		
Swimming		
Very Strenuous Activity	Man: 920 calories	Woman: 740 calories
Running (7 min/mile)		
Racquetball		
Skiing		

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.
- Wheeling self in wheelchair 30-40 min.
- Pushing stroller 1 ½ miles in 30 min.
- Raking leaves for 30 min.
- Walking 2 miles in 30 min. (15 min/mile)
- Shoveling snow for 15 min.

Examples of moderate amounts of physical activity: Sporting Activities

- Playing volleyball for 45-60min
- Playing touch football for 45-60 min.
- Walking 1 ¾ miles in 35 min (20 min/mile)
- Basketball (shooting baskets) for 30 min.
- Bicycling 5 miles in 30 min.
- Running 1 ½ miles in 15 min (10min/mile)
- Water aerobics for 30 min.
- Swimming Laps for 20 min.
- Basketball (playing game) for 15-20 min.
- Bicycling 4 miles in 15 min.
- Dancing fast (social) for 30 min.

Start at the level that you are most comfortable with, and then increase by 5 minutes on a weekly basis, with the goal for exercise at 60 minutes 3-5 times a week. Make sure to incorporate a resistance program as well, more on that next week.