



Physical Activity

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Finding your Target Heart Rate:

First practice finding your resting heart rate before attempting to determine your heart rate for different intensity zones (light, moderate and vigorous).

- Using the equation below, perform an activity you believe will place you into a specific zone (i.e. march in place or stairs).
- Immediately following the activity take your heart rate and plug it into the equation or in the calculator at the QR code in the circle.



$$\text{Target Zone Heart Rate} = 220 - \text{Your Age} \times (\text{Target Intensity Zone})$$

Heart Rate Zones

MET (Metabolic equivalent of task) - the ratio of the rate of energy expended during an activity to rate of energy expended at rest

Light - 57-63%

Light-intensity activities are defined as waking non-sedentary behaviors of less than 3.0 METs. Walking at 2.0 miles per hour requires 2.5 METs of energy expenditure and is therefore considered a light-intensity activity.

Moderate - 64-76%

Moderate-intensity activities are defined as 3.0 to 5.9 METs. Walking at 3.0 miles per hour requires 3.5 METs of energy expenditure and is therefore considered a moderate-intensity activity.

Vigorous - 77-95%

Vigorous-intensity activities are defined as 6.0 METs or more. Running a mile in 10 minutes (6.0 mph) is a 10 MET activity and is therefore classified as a vigorous-intensity activity.



Some example activities are listed below -



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Light-intensity, aerobic workout

- Casual walking • Household chores (such as dishes) • Cooking



Moderate-intensity, aerobic workout

- Raking the yard • Tennis • Speed walking

Vigorous-intensity, anaerobic workout

- Burpees • Shoveling snow • Running

Additional examples can be found at the QR code.

Recommended guidelines: The American College of Sports Medicine recommends at least 150-minutes of Moderate-intensity activity or 75-minutes of Vigorous-intensity activity.

Your Heart Rate Zones Appropriate Activities

Light - _____ - _____ BPM Light-intensity activities:

Moderate - _____ - _____ BPM Moderate-intensity activities:

Vigorous - _____ - _____ BPM Vigorous-intensity activities:

Reflection Questions:

If you are currently meeting the physical activity guidelines, what can you do to continue this practice even during busy seasons of life?

If you are not meeting the physical activity guidelines, where is there an opportunity in your work week to implement physical activity? (I.e. Take the stairs instead of the elevator or take a 15-minute walk during lunch break).

Consider your work environment, how or where can physical activity be incorporated into your regular work rhythms?



RENEWU BODY: PHYSICAL ACTIVITY

Please provide your feedback for this session.



Thank you for your feedback!

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