



Activity, nutrition, hydration and sleep are the everyday behaviors that affect long-term health. These behaviors strongly influence the health, performance and appearance of an individual. A person can determine if his/her habits are producing the desired health benefits by logging activity, nutrition, hydration and sleep patterns.

Logs can help a person see how choices regarding activity, nutrition, hydration and sleep affect fitness and health. An individual can make a plan to improve fitness and health through lifestyle choices based on the information received from these types of logs. The improvement of health, performance and appearance will never fully be achieved without first understanding how activity, nutrition, hydration and sleep work together.

Activity

Health, performance and appearance are greatly affected by the type and duration of activities engaged in over a lifetime. People who live an active life have a lower risk of suffering from preventable diseases such as heart disease, stroke, cancer, and obesity. They maintain their muscular, skeletal and cardiorespiratory systems, have more energy and vitality, and improve their performance. They also improve their body composition, therefore enhancing their appearance.

Connecting the types of activities, the intensity of the activities, and the length of time spent in those activities are important contributors to long-term fitness. All activities, based on intensity, can be placed into the five levels of the **Five for Life Activity Diamond**, a tool used to distinguish intensity levels during physical activity. The five Levels are Media/Seat, Daily Activity, Base, Heart Health and Max.

- **Media/Seat (intensity level - 1)** includes time spent sitting down in which a person can talk with no effort. Some examples are watching TV, playing on a computer, doing homework, and reading a book. These activities are very sedentary and should be kept to a minimum.
- **Daily Activity (intensity level - 2)** includes activities that are low in intensity and easy to perform. Some examples are making the bed, gardening, vacuuming or dusting, walking slowly, golfing with a power cart or doing light stretching.
- **Base (intensity level - 3)** activities are moderate, slightly uncomfortable and cause an individual to sweat a little. Some examples are biking, walking briskly, golfing while pulling or carrying clubs, recreational swimming and weight lifting. Mowing the lawn with a power mower or scrubbing floors or windows could be included also.
- **Heart Health (intensity level - 4)** activities are vigorous. A person can still talk but it takes quite a bit of effort. Most of the activities at this level are intentionally planned. Some examples are race walking, jogging, running, swimming laps, circuit training, basketball and soccer.
- **Max (intensity level - 5)** is the highest intensity level and performing activities at this level is very, very difficult. This is called the no talk zone and the activity can only be kept up for a short period of time. Some examples are running wind sprints, jumping rope (speed jumping) and running up stairs.

The levels of the Five for Life Activity Diamond are based on percentages of a person's **maximum heart rate** which is the highest number of times the heart can beat in one minute. It is accepted that the average maximum human heart rate is 220 beats per minute, minus a person's age. An individual's heart rate might be higher or lower because everyone is different, so 220 is just an average. A common

ACTIVITY LOG



way to figure out an average maximum heart rate without doing a complicated test is the **age-adjusted heart rate** of $220 - \text{age}$. Based on the age-adjusted formula 207 would be the maximum heart rate for a 13 year old. To find the **Heart Health** level heart rates the following math equation would be used: $220 \text{ minus his/her age, times } 65\%$ and then 85% . Another method to determine intensity level is to use **Rate of Perceived Exertion (RPE)**.

See chart below for percentages of maximum heart rate, Intensity Levels (RPE) and descriptors:

ACTIVITY DIAMOND™		
Percentage of Maximum Heart Rate (MHR)		Intensity Level (RPE)
Above 85%	MAX	5
66-85%	HEART HEALTH	4
51-65%	BASE	3
40-50%	DAILY ACTIVITY	2
Below 40%	MEDIA/SEAT	1

	MAX Intensity Level-5: Very, very difficult; no-talk zone; I can only keep up this pace for a short period
	HEART HEALTH Intensity Level-4: Moderately hard; I can still talk, but really don't want to; sweating
	BASE Intensity Level-3: Moderate; I am slightly uncomfortable; sweating a little and talking requires some effort
	DAILY ACTIVITY Intensity Level-2: Easy; I am comfortable and could maintain this pace all day long; you can talk with almost no effort
	MEDIA/SEAT Intensity Level-1: Very easy; I am sitting; I can talk with no effort

The Five for Life recommendation to maintain a fit and healthy life is to perform 60 minutes of **Heart Health** or **Base** level activity per day, five days per week.

Using an activity log can help a person evaluate personal activity patterns in an average day and can help determine if he/she is meeting the recommendation to maintain a fit and healthy lifestyle. If a person's activity level is too low, he/she can see this at a glance and begin to plan how to increase daily activity.



Key vocabulary words that will be introduced during this unit are:

- **Activity Log**- A system used to monitor a person's activity habits
- **Age-Adjusted Maximum Heart Rate** – A method used to calculate maximum heart rate ($220 - \text{Age}$)
- **Base** – 51-65% of the maximum heart rate
- **Daily Activity** – 40-50% of the maximum heart rate
- **Five for Life Activity Diamond** – A tool used to distinguish intensity levels during physical activity
- **Heart Health** – 66-85% of the maximum heart rate
- **Max** – 86-100% of the maximum heart rate
- **Maximum Heart Rate** – The highest number of times the heart can beat in one minute
- **Media/Seat** – Below 40% of the maximum heart rate
- **Rate of Perceived Exertion (RPE)** - A subjective rating on a numerical scale (1-5), used to express the difficulty of a given activity/task.