Lesson Objectives:

Describe various types of lifestyle physical Activities found on the Physical Activity Pyramid.

Describe the FITT formula for lifestyle physical activities.
Activities for a Lifetime—
THE PHYSICAL ACTIVITY PYRAMID

The six parts of the Physical Activity pyramid are?
Activities for a Lifetime—
THE PHYSICAL ACTIVITY PYRAMID

What are examples of lifestyle physical activities that can be done at home
Or work?
Activities for a Lifetime—
Choices From the Pyramid

Answer

• Housework—vacuuming, cleaning
• Yard work—raking the leaves, mowing the lawn, or shoveling snow
• Walking and climbing the stairs (rather than taking an elevator).
Activities for a Lifetime—
THE PHYSICAL ACTIVITY PYRAMID

Can some sporting events be classified as lifetime physical activities?
Activities for a Lifetime—
Choices From the Pyramid

Answer

• Yes – sports like golf, tennis, and racquetball can be termed lifestyle activities.
• The sports can be started when young.
• They can be continued for life.
Activities for a Lifetime—Choices From the Pyramid

Question

Where are lifestyle physical activities placed on the Physical Activity Pyramid? Why?
Answer

Lifestyle activities are placed at the base of the Pyramid because
• they are important for health, and
• anybody can do them on a daily basis.
Activities for a Lifetime—
Choices From the Pyramid

Question

How much lifestyle physical activity is recommended?
Activities for a Lifetime—
Choices From the Pyramid

Answer

• All teens should do 30 minutes of moderate physical activity on most days of the week.
• Doing more than 30 minutes of moderate activity each day is even better.
• It is best to get your 30 minutes in bouts or activity sessions lasting at least 10 minutes in length.
• What distinguishes aerobic activity from lifestyle activities?
Activities for a Lifetime—
Choices From the Pyramid

• Aerobic activities are fun and get the heart rate into the target zone. Activities at this level are more intense than lifestyle activities. They are especially good for building cardiovascular fitness.
Activities for a Lifetime—
Choices From the Pyramid

Question

How much Active aerobics or active sport physical activity is recommended?
Active Aerobics or Active Sports and Recreation need to be played 3 to 5 times per week.
Activities for a Lifetime—
Choices From the Pyramid

Question

How much Flexibility is recommended?
Activities for a Lifetime—
THE PHYSICAL ACTIVITY PYRAMID

Flexibility exercise should be done daily, especially just prior to workouts and after as well.
How much Strength training is recommended?
Activities for a Lifetime—
THE PHYSICAL ACTIVITY PYRAMID

Strength training should be done twice a week, either to develop muscular strength or endurance.
Activities for a Lifetime—
Choices From the Pyramid

Question

How much Rest is recommended?
Activities for a Lifetime—
THE PHYSICAL ACTIVITY PYRAMID

Rest from all or any physical activity should be no more than two days a week.
Activities for a Lifetime—
FITT Choices From the Pyramid

Set goals (short-term and long-term) see 1.6

Warm-up: stretching, light jog, calisthenics

Workout: Calculate FITT formula

Frequency: (How Often) (daily to 3-5 times per week)

Intensity: (How Hard do we work) e.g., 50-85% of maximal heart rate—Training threshold

Time: (How long to exercise to cause training effect)

Type: (What type of exercise or training)

Cool-down: stretching, light jog, calisthenics
FITT prescription for

Lifestyle Activities = Daily, moderate, 30 minutes, life activities.

Aerobic activity or Sports workouts = 3 to 5 days/week, intense, 30 mins. plus, Cardio or sports

Flexibility = Daily, 30 secs per stretch, point of tightness, static or partner assisted.

Muscular strength or endurance workouts = 2 to 3 a week, overload with 3 sets of 10, 1 lift for each muscle group, weight machines.

Rest = no more than 2 days/week, or recovery time- 1 min between sets, or walk/Jog/run cardio workouts.
• REVIEW
• What is the FITT prescription for
• 1) Lifestyle Activities?
• 2) Aerobic activity or Sports workouts?
• 3) Flexibility?
• 4) Muscular strength or endurance workouts?
• 5) Rest?