

Health In Progress

Lesson 5

Increasing Activity Levels



QUESTION 5:

True or False

Walking around a shopping mall, taking out the garbage, and making your bed are all good ways to increase your activity levels.

ANSWER: True

Some activities such as watching TV or playing video/computer games do not require much more energy than sleeping! A young adult sleeping burns 1.0 - 1.2 calories per minute. Watching TV burns only 1.5 calories per minute.

Any activity that involves walking, even at a slow pace, will require more than three times as much energy used when watching TV. So, if your daily activities include **movement, even at low levels** (i.e., not vigorous exercise), you have a better chance of not gaining excessive weight.

Activity	Approximate Energy Equivalent for a Young Adult* (Calories per Minute)
Sleeping	1.0-1.2
Sitting in classroom	1.5
Talking to friend while sitting	1.5
Watching television	1.5
Studying	2.2
Playing cards	2.4
Eating a meal	2.5
Driving a car	2.5
Dressing, washing, shaving	3.5
Riding a bicycle at 5.5 miles per hour (slowly)	4.5
Walking to school slowly	5.0
Playing tennis	7.0
Riding a bicycle at 9.4 miles per hour	7.0
Playing football	8.9
Dancing, active	10.0
Running quickly (as in cross-country running)	10.6

Adapted from Bogert, L. J., Briggs, G. M., Calloway, D. H.: *Nutrition and Physical Fitness*. Philadelphia, W. B. Saunders Company, 1973.

ACTIVITY: Write down some simple ways to incorporate low levels of activity, NOT vigorous exercise, into your daily routine - parking at a space further away from the store, take the stairs instead of the escalator or elevator, walk short distances instead of driving. Try to do at least one of these every day!