



## **Session 10: Jump Start Your Physical Activity Plan**

### **Stepping Up Your Activity with a Pedometer**

#### **What is a Pedometer?**

Pedometers are wonderful tools that measure your movement such as walking or climbing stairs (in the form of steps) throughout the day. Using a pedometer as part of your daily routine can give you a better idea of how much total movement you get in a day or week. This total movement includes both your spontaneous/unstructured activity and the planned activity we talked about in session 4.

#### **How Does a Pedometer Work?**

When worn correctly, your pedometer records a step each time your foot hits the ground. All your steps throughout the day, including activities such as vacuuming, walking around the house, or brisk walking outside, are added together to give you a total step amount for that day.

#### **How Do I Wear It?**

Attach the pedometer to your belt or waistband near the front of your hipbone, in line with your kneecap. Specific instructions on how to wear a pedometer are found on the next page.

#### **What can I do with a Pedometer?**

Using your pedometer, there are several different tests that you can do to learn about your current levels of physical activity and movement. These are described below. There are also challenges provided that are designed to help you increase your current activity levels. As you know, achieving your planned activity goal each week will add to your total number of steps.



## Pedometer Instructions

### Pedometers

Using a pedometer can be fun and provides useful feedback about your physical activity levels. Starting tomorrow, try wearing your pedometer.

**Wear the pedometer, and record your steps every day.**

- Clip the pedometer to your clothes at your waist when you first get up in the morning and reset it to zero. (See picture.)
- Make sure it is securely attached and worn firmly against your body so that it does not jiggle.
- Do not let it flop around in a pocket or on your purse.
- **Make sure to keep it upright.**



- Make sure that you **do not let the pedometer get wet**. Don't wear it in the rain or while bathing or swimming.
- Take the pedometer off at night before you go to sleep.
- Write down the number of steps you took that day in your Keeping Track book.

### Important:

1. Be sure to reset the pedometer to zero every morning.
2. Don't open the case. If you think the batteries may need to be changed, return the pedometer to your lifestyle coach.
3. Don't get the pedometer wet. Don't swim or shower with it on. Keep it under your coat if you are walking in the rain or snow.
4. Don't forget to write down your total step number in your Keeping Track book at the end of each day.



## Get to Know Your Pedometer and Activity Levels

### 100 Step Test to check the Accuracy of the Pedometer

Use this test to see if you're wearing the pedometer correctly:

1. Clip the pedometer at your waist
2. Reset it to zero and close the cover
3. Walk 100 steps
4. Open the pedometer and check how many steps were recorded

**100 steps = Perfect**

**95 or 105 steps = Good ( $\pm 5\%$  error)**

**90 or 110 steps = Acceptable ( $\pm 10\%$  error)**

**85 or 115 steps = Unacceptable ( $\pm 15\%$  error)**

If you find that your pedometer is giving you unacceptable readings, move the pedometer to a different spot along your waistband or even to the small of your back. Make sure that it's attached firmly against your torso and does not flop around. You should wear your pedometer in the spot that gives you the most reliable results. As you lose, or if you gain large amounts of weight, you may need to do the 100-Step Test again to make sure that you're still getting accurate results.

### How many steps do you average in a week?

Wear your pedometer and log the number of steps taken for seven consecutive days in the 7-day physical activity log below.

~ 7-Day Physical Activity Log ~

Su	Mo	Tu	We	Th	Fr	S
steps	steps	steps	steps	steps	steps	steps

Add your step counts for the 7 days and divide by 7 to get your



### Average Daily Steps

Steps = \_\_\_\_\_

## Measure a Mile

- Wearing your pedometer, go to a track or find a level surface (a sidewalk or street) where you can walk one mile.
- Reset your pedometer to zero, walk the mile, and record the number of steps it took. This number can be used in the future to estimate distance based upon the number of steps you walked in that mile.

*Keep in mind that it takes on average about 2000 steps to walk a mile, but this will vary from person to person. For example, a taller person will take fewer steps than a shorter person when walking one mile because of his/her longer stride-length.*

It takes me \_\_\_\_\_ steps to walk one mile.

## Step Credit for Activities That Are Not Recorded By the Pedometer

There are some types of physical activity that aren't recorded by the pedometer or situations where the pedometer cannot be worn since the activity happens in water. The two most common examples are biking and water activities like swimming and rowing. However, you can crudely estimate a "step" credit for these activities to add to your daily pedometer count.

Follow the instructions below to determine your step credit:

1. Determine how many steps you take to walk one mile (shown above). [FYI: At a normal walking pace (3 miles/hour), it takes about 20 minutes to walk a mile].
2. Take your number of steps from #1 and divide it by two. This will give you the number of steps you took in 10 minutes. (Don't worry if you took a little more or less than 20 minutes to walk the mile. Remember, this is an estimate).
3. When you bike or perform water activities, for every continuous 10 minutes of that activity, credit yourself the number of steps you calculated in #2.

### Step Credit Example

It takes Jane **2,000** steps to walk one mile  
**2,000** divided by 2 = **1,000**  
**1,000** is then the number of steps that Jane can record for every **10 minutes** of "non-pedometer" activities like biking, swimming, or rowing

## Weekend vs. Weekday

Some people tend to be more active during the week while others are typically more active on the weekends. What is your pattern?

- Wear your pedometer and record the number of steps on your pedometer each day throughout the work week (Mon-Fri).
- At the end of the work week, add up the number of steps taken during those 5 days and divide by 5. This is your weekday average.
- Similarly, add your Saturday and Sunday totals and divide by two for your weekend average.
- Are you more active during the work week or on the weekend? Did your answer surprise you?

I am more active on the weekend\_\_\_\_\_ during the work week\_\_\_\_\_.

## Develop an Active Head

- Wearing your pedometer, pick two days during the week that are likely to be similar from a physical activity/movement point of view.
- On the first day, your **Normal Day**, go about your day as normally as possible.
- On the next day, your **Lifestyle Day**, try to incorporate as many short bursts of physical activity as possible without making any major changes to your day. Turn any spare second that you can into an "active second". Taking the stairs instead of using the elevator or walking across the hall to talk to your colleague instead of using the email or phone are two examples of ways to add these short bursts of activity into your day. Think of other ways that might work for you.

Day 1: Normal Day

Total # of steps=  
\_\_\_\_\_

Day 2: Lifestyle Day

Total # of steps=  
\_\_\_\_\_

Compare the number of step taken on these two days. Do they differ? What short bursts of lifestyle activity were you able to incorporate in the **Lifestyle Day**? Could you continue to do them?

## Mixing it Up



**To prevent boredom, there are many ways to mix up your activity**

<b>Ways to Mix It Up:</b>	<b>Examples:</b>
Add Variety: <ul style="list-style-type: none"><li>• Do something new</li><li>• Do the same activity in a new place or at a new time</li><li>• Be active as a way to be social/Be active with someone new</li></ul>	
Make Being Active Fun <ul style="list-style-type: none"><li>• Dance</li><li>• Listen to music or books on tape while being active</li><li>• Look for active events such as a walking tour or group bike ride</li></ul>	
Challenge yourself <ul style="list-style-type: none"><li>• Try adding more steps to your day</li><li>• Train for an event such as a walk-a-thon or challenging hike</li></ul>	



## The F.I.T.T. Principle

Physical activity is a complex behavior that is made up of several factors. It is not just about what type of activity you do, but how long you do it each time, how often you do it in a week or month, and how hard you perform the activity.

An easy way to remember this is the acronym, **F.I.T.T.**, which stands for **F**requency of activity, **I**ntensity of activity, **T**ype of activity and **T**ime of activity. We have already discussed frequency, type of activity and time/duration of your activity program. Intensity is the final part of this puzzle.

	<b>What to Do:</b>
<p><b>Frequency</b> How often are you active?</p>	<p>Try to be active on most days of the week (at least 3 days per week is recommended, 5 to 7 days are even better).</p>
<p><b>Intensity</b> How hard are you working while being active: how fast your heart beats? <i>Intensity of your physical activity is the topic for the rest of this session.</i></p>	<ul style="list-style-type: none"> <li>• Stay within your target heart rate (Your target heart rate is ____ to ____ beats per minute).</li> <li>• Breathe fast enough that you can talk, but not sing. If you can break into song, speed it up! If you have trouble breathing and talking, slow down.</li> <li>• As you do regular activity over time, your heart won't beat as fast for the same effort. You'll need to do more challenging activity to reach your target heart rate.</li> <li>• Slowly increase the intensity of your workout</li> </ul>
<p><b>Type of Activity</b> Aerobic activity is the foundation of this program</p>	<ul style="list-style-type: none"> <li>• Heart fitness activities—those that challenge your heart.</li> <li>• Use larger muscles such as your legs. Example: Brisk walking, swimming</li> </ul>
<p><b>Time</b> How long are you active?</p>	<ul style="list-style-type: none"> <li>• Stay active for at least 10 minutes at a time.</li> <li>• Increase slowly.</li> </ul>

## **Determining Your Activity Intensity Level**

So far, you have focused on the “time” part of your aerobic activity program. Your goal was to gradually achieve a foundation of aerobic activity of at least 150 minutes spread out over the week. But how about intensity, how hard are you working?

### **Physical Activity Intensity**

Physical activity intensity is the level of effort you exert during a workout or activity. It’s how hard you are performing that activity. Increasing the intensity of your physical activity will help you to improve how well your heart works.

Your heart is a muscle, too. If you exercise your heart (make it beat faster), it will become stronger over time. This is just like the muscles in your arm becoming stronger if you lift weights every day.



As your heart becomes stronger, you’ll notice that it’s easier for you to do things like walking up stairs and carrying groceries. This is because, as your heart becomes stronger over time, your aerobic fitness will improve. “Aerobic fitness” refers to how well your heart can pump oxygen through your blood to your muscles, like those in your arms and legs.

There are two ways that you can measure your physical activity intensity, one is **heart rate** and the other is **rate of perceived exertion or RPE**. Since breathing rates and amount of sweat are highly individual during exercise, heart rate tends to be a more reliable indicator of **physical activity intensity**

Let’s talk in more detail about intensity of activity and specifically how to estimate your physical activity intensity by either taking heart rate or by your rate of perceived exertion.

**Please keep in mind that you should check with your Primary Care Provider if you plan to make major increases in the intensity of your activity.**





## Estimating the Intensity of Your Workout by Taking Your Heart Rate

First, you will calculate your **target heart rate**. This is the range that you will aim to achieve during your physical activity workout.

**To figure your target heart rate:**

1. Subtract your age from 220.	1. $220 - \underline{\hspace{2cm}} = \underline{\hspace{2cm}}$
2. Multiply the result by 0.5. This is the <b>low end of the target</b> .	2. $\underline{\hspace{2cm}} \times 0.5 = \underline{\hspace{2cm}}$
3. Multiply the result by 0.7. This is <b>the high end of the target</b> .	3. $\underline{\hspace{2cm}} \times 0.7 = \underline{\hspace{2cm}}$

Your target heart rate is  $\underline{\hspace{2cm}}$  to  $\underline{\hspace{2cm}}$  beats per minute.

Divide these numbers by 4 to get your target heart rate in beats per 15 seconds.

Your target heart rate is  $\underline{\hspace{2cm}}$  to  $\underline{\hspace{2cm}}$  beats per 15 seconds.

**To measure your exercise heart rate, you will need a clock, watch, or stopwatch with a second hand.**

- Take your pulse while you are in the middle of your activity, long after your warm up. Be sure to keep moving, rocking side-to-side.
- Use your index and middle fingers. Don't use your thumb, which has a pulse of its own.
- Place them on your wrist, just above the base of the thumb.
- Or place the tips of the fingers on your neck, just on either side of the Adam's apple. (This is a less desirable option) Don't press too hard on the neck or you may feel dizzy or light headed.
- Count the number of beats for 15 seconds. Multiply this number by 4 to get your heart rate in beats per minute.
- Your exercise heart rate is:  $\underline{\hspace{3cm}}$ . Is it within your target heart rate range?



## How Hard are You Working? Estimating Rate of Perceived Exertion

### Rate of Perceived Exertion (RPE)

The rate of perceived exertion (RPE) scale is a tool that allows you to measure how hard you feel you are working while performing physical activities. RPE is on a scale of 6 to 20 with a 6 suggesting that the activity was very easy and a 20 being the hardest you've ever worked before. A rating between 12 and 16 (which is estimated to represent about 60 to 80 percent of your maximum heart rate) is considered a good training range for making your heart stronger. Most people have a good sense of how hard they are working when they're being active. Listen to your body.

Rate yourself on the following scale while you are being active.

### How Hard are You Working?

6		12		16		20
●	●	●	●	●	●	●
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very, Very Hard?
<b>Examples:</b>						
"I'm not working hard at all. I can talk and even sing easily."		"I'm working and breathing harder than usual. I can still talk easily"	"I'm working and breathing somewhat hard. I can talk fairly easily."	"I'm working hard and breathing deeply. I can still talk."		"I'm working very hard. I can't catch my breath or talk."
		➔	<b>Stay in This Range</b>	←		

# Adding Steps to Your Day

There are many simple ways you can add steps throughout your day. Below are some fun facts and tips that will enable you to add steps to your day without going out of your way.

## At Home

- ♥Make an after-dinner walk a family tradition.
- ♥Walk your dog.
- ♥Try to take half of your goal steps by noon.
- ♥Get up and move around once every 30 minutes
- ♥If you make a call, walk while you talk.
- ♥Reward your family for meeting step goals with fun activities.
- ♥For every one hour of television programming there are 17 minutes of commercials, walk around your house during the television commercials.
- ♥Take a walk while your kids are playing sports.
- ♥Walk to your neighbor or friend's house instead of calling.
- ♥Start a walking club with your neighbors or friends.
- ♥Turn off the television and do an active family activity.
- ♥Take a walk and pick up litter in your neighborhood or in a park.
- ♥Plan active weekends (longer walks, scenic hikes, playing in the park).
- ♥Plan walks into your day, for example, with a friend at the beginning of the day, and with your family at the end of the day.

## On the Town

- ♥Park farther away in store parking lots.
- ♥Avoid elevators and escalators – try the stairs instead.
- ♥Plan active vacations.
- ♥Walk at the airport while waiting for your plane, and avoid the people movers.
- ♥Walk your grocery cart back to the store.
- ♥Walk, don't drive, for trips less than one mile
- ♥Take several trips to unload groceries from your car.
- ♥Avoid the drive-through at the bank. Instead, walk inside.

## At Work

- ♥Get off the bus earlier and walk farther to work.
- ♥Take several 10-minute walks during the day.
- ♥Host "walking" meetings.
- ♥Start a break-time walking club with your coworkers.
- ♥Walk a few laps on your floor during breaks, or go outside and walk around the block.
- ♥Get up and move at least once every 30 minutes.
- ♥Choose the farthest entrance to your building, then walk the long way to your office.
- ♥Take a longer route to your meeting.
- ♥Walk during your lunch break.
- ♥Take 5 minute walking breaks from your computer.
- ♥Take the stairs rather than the elevator or the escalator.
- ♥Walk to a colleague's office rather than calling or sending an email.
- ♥Park farther away in the morning or when you go to lunch.
- ♥Walk to a restroom, water fountain, or copy machine on a different floor.



## To Do:

### I will:

- Keep track** of my weight, eating and activity.
  
- Complete the 100-Step Test
  
- Wear my **pedometer**, and calculate my average steps per day.  
What are your average step counts **per day** \_\_\_\_\_?  
How many steps does it take you to walk a mile \_\_\_\_\_?
  
- Take my **heart rate** (pulse) every time I'm active.  
**Adjust how hard I'm working** while I'm active so that I stay within my target heart rate range of:  
between \_\_\_\_\_ and \_\_\_\_\_ beats per minute  
(between \_\_\_\_\_ and \_\_\_\_\_ beats per 15 seconds)  
OR
- Estimate** how hard I am working at this level using RPE.
  
- Try a lifestyle activity challenge.