


Session 13: Jump Start Your Activity Plan.

Boredom may cause you to slip back into old habits of not being active.

Ways to prevent boredom:	Examples:
Do something new.	
Do the same activity in a new place.	
Be active as a way to be social.	
Make being active fun.	
Challenge yourself.	

One way to challenge yourself is to focus on **improving your “aerobic fitness.”**

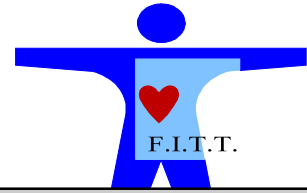
“**Aerobic fitness**” refers to how well your heart can pump oxygen (“aer-”) through your blood to your muscles, like those in your arms and legs.

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.



Not all ways of being active will strengthen your heart-- only those that are "F.I.T.T."



What F.I.T.T. stands for:	What to do:
<p>Frequency (How often you are active.)</p>	<ul style="list-style-type: none"> ❖ 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). ❖ Increase slowly.
<p>Intensity (How hard you are working while being active: how fast your heart beats.)</p>	<ul style="list-style-type: none"> ❖ Stay within your target heart rate. Your target heart rate is _____ to _____ heart beats per minute. ❖ 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. ❖ As you do regular activity over time, your heart won't beat as fast. You'll need to do more challenging activity to reach your target heart rate.
<p>Time (How long you are active.)</p>	<ul style="list-style-type: none"> ❖ Stay active for at least 10 minutes. ❖ Slowly increase to 20 to 60 minutes. ❖ Total minutes per week = activity goal.
<p>Type of activity</p>	<ul style="list-style-type: none"> ❖ Heart fitness activities--those that challenge your heart. ❖ Use large muscle groups (such as legs and arms). ❖ Last 10 minutes or longer. <p>Example: Brisk walking.</p>

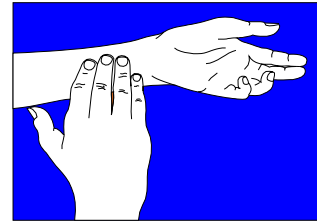
How to take your heart rate (or pulse):

You will need a clock, watch, or stopwatch with a second hand.



- ❖ Take your pulse while you are active. Take it again, within a second or two after stopping.
- ❖ 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. 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.

To figure your target heart rate:

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

Your target heart rate is _____ to _____ beats per minute, or
_____ to _____ beats per 15 seconds.

How hard are you working?

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're being active.

How hard are you working?

☐	☐	☐	☐	☐	☐	☐
Very, Very Light?	Very Light?	Fairly Light?	Somewhat Hard?	Hard?	Very Hard?	Very, Very Hard?
Examples:						
<p>“I’m not working hard at all. I can talk and even sing easily.”</p>	<p>“I’m working and breathing a little harder than usual. I can still talk easily.”</p>	<p>“I’m working and breathing somewhat hard. I can talk fairly easily.”</p>	<p>“I’m working hard and breathing deeply. I can still talk.”</p>	<p>“I’m working very hard. I can’t catch my breath or talk.”</p>		
Stay in this range.						



To do next week:

I will:

- ✚ Keep track of my weight, eating and activity.
- ✚ Do my best to be active for _____.
- ✚ Take my heart rate or pulse during 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

Keep how hard I am working at this level: _____.

