



# Health and Wellness

## POCKET TOOLS TRAINING

### FITNESS TIPS

## How Active Are You?

Generally, I used to think I was a pretty active person simply because I was a firefighter. Somehow I figured the time spent sitting around (studying, of course) was canceled out by the one or two major incidents a week, which called for me to work my tail off. Looking back, I realize I wasn't quite as active as I believed myself to be. To shorten your "sitting time" a bit, I will get right to the point. There are 168 hours in a week. 49 of those are usually attributed to sleep, so basically we have around 119 waking hours per week to work with. Surely we can find 2 or 3 hours out of that for exercise!

In order to achieve and maintain optimal health, we should aim to meet the following activity guidelines set forth by the U.S. Department of Health and Human Services (USDHHS) for adults ages 18-64:

#### Aerobic (cardiovascular) Activity:

At least 150 minutes (2 hours and 30 minutes) of moderate- intensity activity per week.

OR

At least 75 minutes (1 hour and 15 minutes) of vigorous- intensity activity per week.

#### Muscle Strengthening Activity:

Twice per week: moderate to high intensity muscle strengthening activities that work all major muscle groups.



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#### Examples of moderate intensity activities include:

- Walking at 3-4 mph
- Cleaning, heavy- washing cars, cleaning garage, etc.
- Carpentry- general
- Carrying and stacking wood
- Walk behind mowing
- Fishing from riverbank, walking
- Golf, walking and pulling clubs
- Volleyball, non competitive
- Bicycling on flat, level terrain @ 10-12mph

#### Examples of vigorous intensity activities:

- Basketball game
- Hiking at moderate pace, light pack
- Hiking at steep grades
- Jogging/running 5-7 mph
- Bicycling flat terrain @ 12-16mph
- Swimming
- Shoveling sand, snow, etc.
- Heavy farming activities
- Cross country skiing
- Volleyball, competitive

How can all this be broken down and accomplished day by day? The USDHHS lists several simple ways these activity levels can be met:

1. Thirty minutes of brisk walking (considered moderate intensity) on five days per week, exercising with resistance bands (for muscular strengthening) on remaining two days.
2. Twenty five minutes of running (vigorous intensity) on three days, lifting weights on two days (muscle strengthening).
3. Thirty minutes of brisk walking on two days, 60 minutes of golf (walking, carrying clubs) on one day, 30 minutes of mowing the lawn (moderate intensity) one evening, and heavy gardening or home improvement work on two days (muscle strengthening.)

There are numerous ways we can fit activity into our daily schedules. Take stairs instead of elevators or escalators. Park further away from the doors of restaurants and shopping centers. Take a 10-minute walk during your lunch hour. Get up an extra 10- 15 minutes early everyday to do stretches, pushups or sit-ups. Get up and do lunges or wall squats each time a commercial comes on during your favorite TV program. Find ways to get outside and enjoy nature- Frisbee golf, hiking, kayaking, rock climbing, biking, etc. Just make an effort to move a little more each day!

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