RAIDER STRONG

Active Lifestyle Program

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A close up of a sign

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**Let’s get Physical!**

The active lifestyle program is designed to help you make a commitment to staying active, sticking to it and simply having GRIT! I want you to be active 30 minutes a day or accumulate at least 13,000 steps/day for those that have a step counter or pedometer. This is phase 1 of the Lifestyle program. Follow the simple steps below.

**1. Choose an Activity**

You can take the challenge by yourself or together with family members. Choose activities that you enjoy and make you feel well. For example, it could be walking, biking playing a game, yard work or anything else that gets your moving for your daily minutes or steps.

**2. Get Active**

You need to meet your daily activity goal of 30 minutes/day for at least 7 days per week for the remainder of the school year. Choose an activity from the list and/or follow our walking and running training plans that will be sent later.

**3. Track Your Activity**

Fill in your log sheet provided to keep track of your activity time and daily steps. Remember, a minimum of 30 minutes/day or 13,000 steps if you are using a pedometer. If your watch or fitbit records heart rate you can record that as well.

**4. Celebrate**

Give yourself a pat on the back when you reach your daily and weekly activity goals. Give yourself 1 star for every 15 minutes of activity. Your goal is to get 2 stars every day but add up as many as you can. Treat yourself and let me know how you’re doing on Microsoft Teams or @RVRAthletics.

[](https://www.google.ca/url?sa=i&url=https%3A%2F%2Fen.wikipedia.org%2Fwiki%2FJust_Do_It&psig=AOvVaw1Nfry76DlUZmO38TnSDxGY&ust=1587223580117000&source=images&cd=vfe&ved=0CAIQjRxqFwoTCMClsvDi7-gCFQAAAAAdAAAAABAK)

1 Star-  15 Minutes of exercise

2 Stars-  30 Minutes of exercise

3 Stars- 45 Minutes of exercise

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4 Stars-  60 minutes of exercise

5 Stars- Over 1 hour of exercise

**Physical Activity Log Sheet**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Month: \_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Date** | **Activity Description** | **Time**  **(Min)** | **Stars** | **Daily Steps** | **Heart Rate**  **(b/min)** | **Intensity**  **(Light, Moderate, Vigorous)** |
| April 13 | Jog | 30 | StarStar | 10,000 | 140 | Vigorous |
|  | Walk dog | 15 | Star | 3000 | 100 | Moderate |
| **Total** |  | **45** | **3 stars** | **13,000** |  |  |
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**Light Intensity-** Normal, daily activity. No Increase in heart rate and breathing.

**Moderate Intensity**- Activities that cause breathing and heart rate to increase. Still able to talk.

**Vigorous Intensity**- Activities that cause breathing and heart rate to increase. Difficult to talk.

**What is Intensity?**

An easy way to estimate intensity of activities is through a method called the “talk test”. This method is a simple, practical way for individuals to measure their activity intensity.  If you are doing a moderate intensity activity, you can talk, but not sing during the activity. If you are doing a vigorous intensity activity, you will not be able to say more than a few words without taking a breath.

|  |  |  |
| --- | --- | --- |
| **Light Activity**  **Normal, daily activity. No Increase in heart rate and breathing.** | **Moderate Activity**  **Requires a moderate amount of effort and noticeably increases heart rate** | **Vigorous Activity**    **Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate** |
| Casual Walking  Bicycling less than 5 mph  Stretching  Sitting  Light weight training  Dancing slowly  Table tennis  Playing catch  Fishing  Light yard work  House work  Shopping  Folding Laundry  Shooting baskteball | Brisk walking (3 - 4.5 mph)  Walking uphill  Hiking  Roller skating at leisurely pace Bicycling 5-9 mph  Low impact aerobics  Aqua aerobics  Light calisthenics  Yoga  Gymnastics  Jumping on a trampoline  Weight training  Moderate dancing  Boxing—punching bag  Most aerobic machines (e.g., stair climber, elliptical, stationary bike)—moderate pace  Tennis  volleyball  badminton  Gardening  Recreational swimming Canoeing Housework that involves intense scrubbing/cleaning  Shoveling snow | Race walking (more than 4.5 mph) Jogging/Running  Wheeling a wheelchair  Mountain climbing  Backpacking    Fast pace in-line skating Bicycling more than 10 mph    High impact aerobics  Step aerobics  Vigorous calisthenics  Karate, judo, tae kwon do, jujitsu    Jumping rope,  jumping jacks  Circuit weight training  Vigorous dancing  Boxing—sparring  Most aerobic machines (e.g., stair climber, elliptical, stationary bike)—vigorous pace  Competitive basketball, soccer, football, rugby, kickball, hockey, lacrosse  Swimming laps  Treading water  Downhill or cross country skiing Pushing non-motorized lawnmower |