

Get Your Move On

In this issue...

- You're so intense! What low, moderate, and vigorous activity really means. Page 2
- Getting Active Page 2
- Heart and Lungs, Working Together Page 3
- What's your resting heart rate? Page 3
- Test your knowledge with the Physical Activity Crossword Puzzle! Pages 4-5



Be Active, Be Healthy

Choose to make physical activity a part of your daily routine! Many health benefits result from being physically active. These benefits include increased muscle and bone strength, sleeping better, weight maintenance, and reduced risk of chronic diseases such as heart disease and type 2 diabetes. It can help you live a longer, healthier life – and it can be fun!

It is recommended that adults get at least 2 hours and 30 minutes of moderate physical activity per week, or 1 hour and 15 minutes of vigorous physical activity per week. You don't have to do all one or the other – mix it up! But what counts as moderate, and what counts as vigorous intensity?

Turn the page to learn more about physical activity intensity!



Did you know?

Even activities like gardening and housework count as physical activity – as long as you're moving and getting your heart pumping faster!



Getting Active

Physical activity doesn't mean you have to get an expensive gym membership. Think about the kind of physical activity you enjoyed as a kid. Did you like to play tag? Play tag with your kids or grandkids or nieces and nephews. Did you love to ride your bike around your neighborhood? Give it a try now! If you don't have a bike, borrow one from a friend and get pedaling. Or, just take a nice relaxing walk through a park or around the block.



You're so intense!

What low, moderate, and vigorous activity really mean.

Heart rate and breathing rate change depending upon the degree of intensity of the activity. Heart rate may be measured by taking your pulse near your wrist or just under your jawline. Aerobic activities cause you to breathe harder and your heart to beat faster.

Low-level Physical Activity

Low activity is a slow, almost resting activity level in which the body uses minimal energy to work. The body might have a very small increase in amount of breathing and its pulse, however normal breathing occurs and the body does not usually sweat very much, if at all. A person doing a low-level activity should be able to sing while doing the activity.

Moderate-level Physical Activity

Moderate activity is a medium activity level in which the body is using energy to work. Sweating, increased breathing rate, and increased heart rate are often a result of moderate-level activity. Approximately 3.5-7 calories per minute are burned while participating in moderate-level activity. A person participating in a moderate-level activity would be able to talk, but may not be able to sing while doing the activity.

Vigorous-level Physical Activity

Vigorous activity is a high activity level in which the body is using a lot of energy to work hard. Immediate results of vigorous-level physical activity may include heavy breathing, fast heart rate, and increased sweating. More than 7 calories per minute are burned while participating in vigorous-level activity. A person doing a vigorous-level activity would have difficulty talking while doing that activity.

Heart and Lungs Working Together



Physical activity involves using energy to move the body. **Heart rate** and **breathing rate** change depending upon the degree of intensity of the activity. So why does this happen?

Our cells need **oxygen** to function and be active. When we breathe in, or **inhale**, our lungs take in oxygen. This oxygen gets picked up by red blood cells to make **oxygenated blood**. The heart pumps the **oxygenated blood** through the body so that oxygen can be delivered to the muscles and organs that need it.

Muscles and organs that are working hard make **carbon dioxide**. We don't want too

much of it hanging around, so it gets picked up by blood. The heart keeps right on pumping blood, which delivers the carbon dioxide to our lungs. Our lungs breathe out, or **exhale**, the carbon dioxide to get rid of it.

When our bodies are working hard, our muscles are using more oxygen. They are also making more carbon dioxide that the body needs to get rid of. To keep up with all of this, we need to breathe faster. The lungs **inhale and exhale more often** to bring in more oxygen and get rid of carbon dioxide made by the

muscles that are working hard. This means **breathing rate** increases.

The **heart also needs to pump faster** to carry the oxygenated blood to muscles, and to carry away carbon dioxide back to the lungs, so **heart rate** goes up.

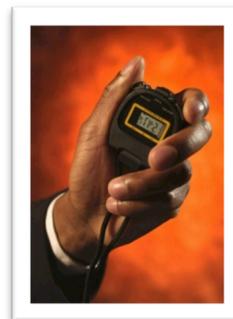
Together, the heart and lungs work to bring oxygen to the muscles, and take away the carbon dioxide that's not needed. And the more practice they get, the better they get at it!

What's your Resting Heart Rate?

Follow these simple steps to find your resting heart rate.



Using two fingers, find your pulse on your wrist or on your neck, just under the jawbone.



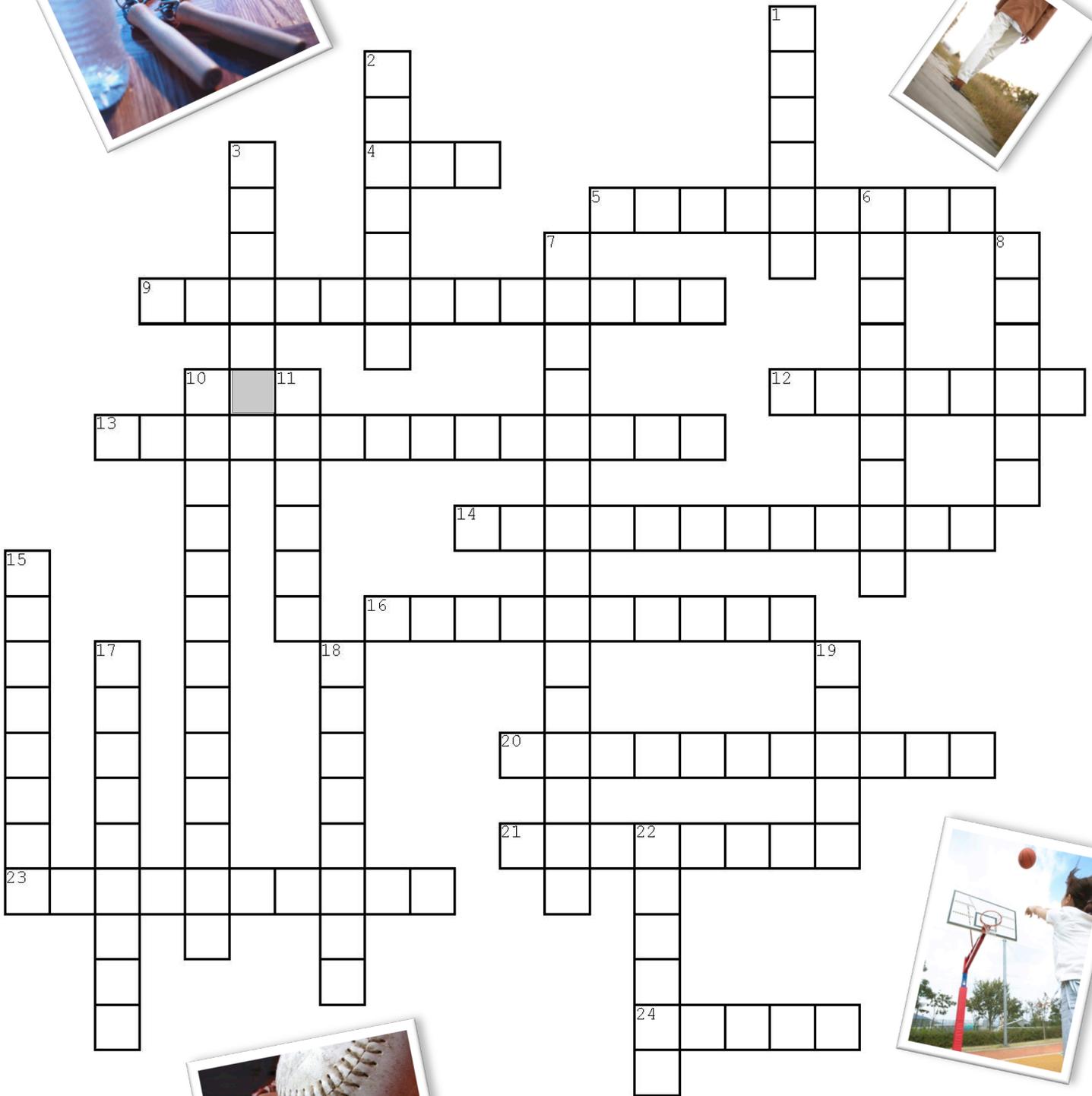
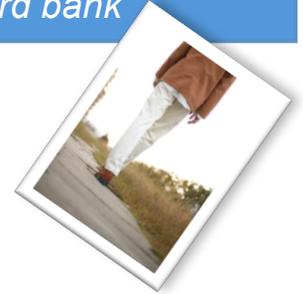
Using a clock or stopwatch, count how many beats you feel for 6 seconds.



Multiply the number you get by ten. Now you have your resting heart rate in beats per minutes!

Test your knowledge with the Physical Activity Crossword Puzzle!

See the next page for clues and a word bank

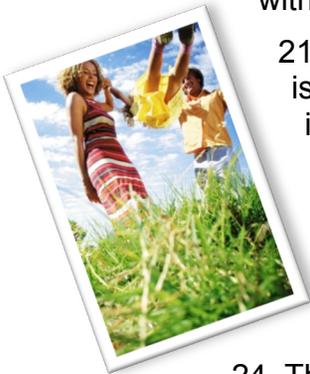


Physical Activity Crossword Clues



Across

4. Slow, almost resting activity level.
5. An activity involving preparing soil, planting, watering, weeding, and harvesting plants.
9. A gas produced by the body.
12. An activity in which the body moves quickly, placing one foot in front of the other. Often both feet are off the ground at the same time.
13. A disease that lasts for a long time.
14. An activity where one person throws a ball to another person, who catches it.
16. A team sport that involves running back and forth between defending one basket, and trying to score in the basket at the other end of the court.
20. The ability to bend and move the body with ease.



21. Activity in which a person is using energy to work, but is still able to hold a conversation.
23. An activity in which someone extends and lengthens different parts of the body.
24. The two organs responsible for breathing.

Down

1. A gas consumed by breathing that is necessary for life.
2. An activity in which the body moves at a steady pace, placing one foot in front of the other but never having both feet off the ground at the same time.
3. The organ responsible for pumping blood through the body.
6. The level at which an activity is conducted, including low, moderate, and vigorous.
7. Blood that has a lot of oxygen.
8. An activity with one person on each side of a court, hitting a ball back and forth over a net using rackets.
10. The number of times a person breathes in one minute.
11. To draw air into the lungs.
15. High activity level that is using a lot of energy, and makes it difficult to hold a conversation.
17. The number of times the heart beats in one minute.
18. An activity that incorporates the use of both the arms and legs to move the body through water.
19. The physical beat felt through the skin that is a result of the heart beating.
22. To breathe air out of the lungs.



Word Bank

Exhale Stretching Tennis Playing Catch Swimming
Moderate Oxygen Intensity Low Heart
Vigorous Lungs Basketball Running Walking Heart Rate
Oxygenated Blood Pulse Carbon Dioxide Chronic Disease
Inhale Flexibility Breathing Rate Gardening

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.