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Movement Patterns For Dynamic Health

Michigan State University

Cooperative Extension Service

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2 pages

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HOW TO USE THIS ACTIVITY GUIDE

You ought to like to move. It's healthy. It's even better to be wise about your activity, educated and trained in ways that you should move to meet your needs. The purpose of this guide is to talk with you about how to move to LOOK BETTER AND FEEL BETTER.

First, what movement patterns make up your daily living? Record these below. Then read this guide and answer the questions.

TWENTY-FOUR HOUR ACTIVITY RECORD RECALL YOUR DAY YOUR ACTIVITIES-MOVEMENT PATTERNS

	Sitting	Standing	Walking	Vigorous Movements
Morning to noon				
Minutes-hours				
Noon to after dinner				
Minutes-hours				
After dinner until retiring				
Minutes-hours				
Total time spent				

WRITE IN THE MOVEMENT PATTERNS USED CHIEFLY

At Your Work _____ with some _____
 At Your Leisure _____ with some _____

WHAT IS YOUR ACTIVITY RATING AND CALORIE NEEDS?

Activity Rating _____ Calorie Needs _____

RATE THE OVERALL CONTRIBUTION OF YOUR ACTIVITIES--WORK AND LEISURE--FOR MAINTAINING DYNAMIC HEALTH

ACTIVITY GROUPS	AT YOUR WORK		AT YOUR LEISURE	
	High Med.	Low	High Med.	Low
1. Muscular Tone	_____	_____	_____	_____
2. Elastic Tone	_____	_____	_____	_____
3. Organic Tone	_____	_____	_____	_____
4. Psycho-social Tone	_____	_____	_____	_____

WRITE YOUR MOVEMENT PRESCRIPTION TO MAINTAIN AND/OR IMPROVE YOUR DYNAMIC HEALTH

ACTIVITY AND YOU

Are you making the most of yourself? Do your daily activities provide you sufficient movement patterns for maintaining your physical appearance, body function and feeling of well-being? Modern living has made many movements essential to general well-being non-essential. Also, the tempo and routine of living has made it difficult to partake of physical recreational activities. Therefore choosing activities wisely means planning and selecting kinds that all-together supply you with the movement patterns in the amounts needed to meet your needs. In using this ACTIVITY GUIDE you need to select your activities from the four broad activity groups to have the essential movement patterns in sufficient amounts to maintain a desirable level of dynamic health:

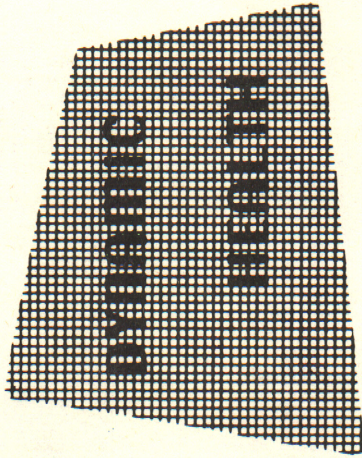
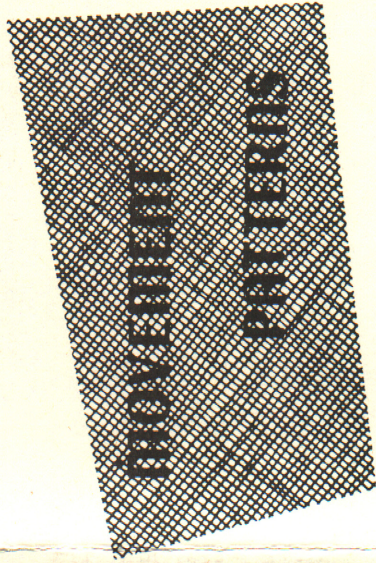
- . Muscular Tone Group for sufficient strength and to keep your optimal body shape, poise and grace of movements.
- . Elastic Tone Group for free and easy movements, prevention of injury and to keep yourself free of vague aches and pains.
- . Organic Tone Group for pep, energy, vitality and to keep your body at optimal weight and functioning properly.
- . Psychic-Social Tone Group for joy, satisfaction, relaxation, and to keep your contribution to the "good life" at its OPTIMAL POTENTIAL.

AN ACTIVITY GUIDE FOR DYNAMIC HEALTH

How do these activities contribute to Dynamic Health-physical appearance, body function, and feeling of WELL-BEING? Do your activities provide a sufficient variety and amount of movement to meet your needs for a fuller measure of LIFE?

ACTIVITIES * High...H Medium...M Low...L	MUSCULAR TONE			ELASTIC TONE		ORGANIC TONE		PSYCHO-SOCIAL TONE **	
	Back-Abdominals	Thighs-Feet	Arms-Shoulders	Back-Legs	Arms-Shoulders	Stamina (Pep)	Energy Outgo cal. cost	Joy-Satisfaction	Relaxation-Change of Pace
At Work-home, office									
Sitting	L	L	L	L	L	L	L	H-L	H-L
Standing	L	L	L	L	L	L	L	H-L	H-L
Walking-indoors	M	M	L	L	M	M	M	H-L	H-L
Climbing stairs	M	H	L	L	H	H	H	H-L	H-L
Stoop-lifting	M	H	M	M	H	H	H	H-L	H-L
Cleaning-weekly	M	H	H	M	H	H	H	H-L	H-L
At Leisure									
Read-painting	L	L	L	L	L	L	L	H-L	H-L
Listen-watching TV	L	L	L	L	L	L	L	H-L	H-L
Cards-puzzles, etc.	L	L	L	L	L	L	L	H-L	H-L
Driving a car	L	L	L	L	L	L	L	H-L	H-L
Play with children	M	M	M	M	M	M	M	H-L	H-L
Sailing	L	L	M	L	L	L	L	H-L	H-L
Bowling	L	M	M	L	L	L	L-M	H-L	H-L
Casting	L	L	L	L	L	L	L	H-L	H-L
Golf	L	L	L	L	L	L	L	H-L	H-L
Gardening	L	M	M	L	L	M	M	H-L	H-L
Dancing	L	M	M	L	L	M	M	H-L	H-L
Walking outdoors	M	H	M	L	L	H	H	H-L	H-L
Bike-riding	L	M	M	L	L	M	M-H	H-L	H-L
Skating	M	M	H	M	M	H	H	H-L	H-L
Tennis	M	H	H	M	H	H	H	H-L	H-L
Swimming	M	H	H	M	H	H	H	H-L	H-L
Skating	M	H	H	M	H	H	H	H-L	H-L
Home exercise	H	H	H	H	H	M	M	H-L	H-L

*These ratings are approximations. **The rating for Joy-Satisfaction is specific to the feeling and meaning you give to each activity. Also, the rating for relaxation depends upon a person's taste, interest, desire and work.



a daily activity guide

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YOU AND YOUR ENERGY NEEDS

You need food energy, or calories, regardless of your weight status--

- to live... maintain life
- to do... meet your daily activity needs

How many calories you need depends chiefly on:

- Your Age and Size. Fewer calories are needed as you grow older because of the physiological changes that take place in your body. For each ten years past 30 you need about 5% fewer calories. More calories are used by large, heavy persons in moving the body than small, light persons.

AGE	Males:	Females:
15-18	134 pounds	119 pounds
19-22	147 pounds	128 pounds
23-50	154 pounds	128 pounds
51+	154 pounds	128 pounds
	3000 calories	2100 calories
	3000 calories	2100 calories
	2700 calories	2100 calories
	2400 calories	1800 calories

Based on information in Recommended Dietary Allowances. Revised 1974, National Academy of Sciences, National Research Council, Washington, D. C.

Your Daily Activity. Every action, even sleeping and thinking, uses energy. More energy is used and more calories needed--

- The larger the muscles you use
- The more muscles you use
- The faster you move your muscles
- The longer you use your muscles
- The more restless or nervous you are

SITTING	WALKING	GARDENING	RESTLESS- NERVOUS TYPE
110 Cal/hr	460 Cal/hr	1100 Cal/hr	66 Cal/hr
more than relaxed person			



HOW ACTIVE ARE YOU?


How many calories do you need each day to keep you the way you are? You can get an estimate of your daily calorie needs if you know what kind and amount of movement patterns make up your day... your work and leisure time pursuits. To get an accurate

APPROX. ENERGY COST OF DAILY ACTIVITIES*	Cal/hr/lb. (motion only)	Cal/hr/for 130 lb. woman
LYING		
Sleeping	0.40	52
At rest		
SITTING		
Eating	1.75	227
Driving a car		
Reading cards		
TV-Radio		
Writing-typing		
Musical instrument		
STANDING		
Personal toilet	2.40	312
Food preparation		
Light laundry		
Ironing		
Office work		
WALKING		
Indoors-outdoors	4.80	624
Cleaning (daily)		
Hanging clothes		
Dancing-golf-bowling		
VIGOROUS MOVEMENTS		
Gardening	11.5	1495
Home exercises		
Tennis-swimming		
Skating-skiing		
Mopping-polishing		
Cleaning windows		
Bedmaking-stripping		
Scrubbing floors		
Climbing stairs		

*These values are estimates based on the average to provide you with a reasonable approximation. Of the energy expenditure in different physical activities. A rule of thumb sometime used is 15 calories per pound of body weight for moderately active person; 20 calories for active and 12 for sedentary person.





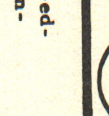
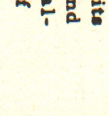


estimate you need to figure your energy-expenditure per hour for your different activities. Look at the charts below and think of YOUR DAILY ACTIVITIES. What do you do most of the day? This will give you your overall calorie needs to keep you the way you are.

YOUR ACTIVITY RATING AND CALORIE NEEDS	Calorie Needs (Daily)	Activity Rating
INACTIVE	1,400 to 1,600	
SEDENTARY	1,600 to 1,800	
MODERATELY ACTIVE	2,000 to 2,300	
ACTIVE	2,400 to 2,600	
VERY ACTIVE	2,700 to 3,000	



ACTIVITY AND YOUR WEIGHT

Activity, regular and consistent, can help you to maintain your desirable weight or reduce if you are overweight. But remember it is an accessory in maintaining weight or in reducing to a well-balanced diet based on the recommended allowances of the BASIC FOUR FOOD GROUPS* suited to your needs.

ACTIVITY AND WEIGHT CONTROL	Energy Intake (Food)	Energy Outgo (Activity)	Total Energy Balance/day	Your Wt. 130 lbs.
2,300 cal. (3 meals per day)	2,300 cal. (moderately active)	= Equal		
No change in weight.				
2,450 cal. (3 meals plus 10 potato chips/day)	2,300 cal. (moderately active)	= 150 cal. surplus		
Gain: 1 lb in 5 weeks, 10 lbs per year.				
2,300 cal. (3 meals per day)	2,600 cal. (walk outdoors 1 hour/day)	= 300 cal. deficit/day		
Loss: 2 lbs in 5 weeks, 20 lbs per year.				
2,300 cal. (3 meals per day) (changed to automatic dishwasher) per day	2,230 cal. (per day)	= 70 cal. surplus		
Gain: 3/4 lb in 5 weeks, 7 lbs per year.				

Permanent weight control depends upon re-educating your eating and activity habits. Constant changes in new labor-saving devices means a built-in capacity to adapt your habits to meet your needs. In round figures 1 pound of body fat contains about 3500 stored-up calories. Do you have the desirable amount of weight for your body frame? Check below.

Desirable Weights for Women**			
Your Height	Small Frame	Medium Frame	Large Frame
(In shoes with 2" heels)			
4'10"	92-98	96-107	104-119
5'1"	99-107	104-116	112-128
5'4"	108-116	113-126	121-138
5'8"	122-131	128-143	137-154
5'11"	134-144	140-155	149-168

*Food for Fitness, U. S. Gov't. Printing Office 1958-0-431626.

**Prepared by Metropolitan Life Insurance Company.