

ACTIVITY weekly calendar

HIP TO BE FIT



	ACTIVITY	HOW LONG?	INTENSITY LEVEL (light, moderate, vigorous)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

DID YOU BURN ENOUGH CALORIES TODAY?

You should be physically active at least 60 minutes every day: 30 minutes of moderate activity and 30 minutes of vigorous activity each day.

Keep track of all the physical activity you do each day, such as walking the dog, playing basketball, swimming, walking to school, riding your bicycle, practicing your NDI-NM steps, etc. Remember to include chores like raking leaves, shoveling snow, cleaning the house, and taking out the garbage.

Keep track of how long you do each activity, even if it is only five minutes.



DETERMINING YOUR INTENSITY LEVEL

Physical activity is a key element in living a longer, healthier, happier life. It can help relieve stress, build strong bones and lean muscles, and provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower your risk for chronic disease.

Light:

- Light activities do not make you sweat.
- Examples are stretching or walking at a leisurely pace.

Moderate:

- Moderate activities make you break a sweat.
- You can talk but not have enough breath to sing while you are doing this activity.
- Examples include walking at a fast pace or biking.

Vigorous:

- Vigorous activities make you sweat.
- It is difficult to talk while you do this.
- Examples include jogging, running, competitive swimming or competitive biking.

Some types of physical activity are especially beneficial:

Aerobic activities

Speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking, jogging, and swimming.

Resistance, strength building, and weight-bearing activities

Helps build and maintain bones and muscles by working them against gravity. Examples are doing push-ups, lifting weights, and walking.

Balance and stretching activities

Enhances physical stability and flexibility, which reduces risk of injuries. Examples are gentle stretching, dancing, yoga, martial arts, and t'ai chi.

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