

Fitting Fitness into a Busy Schedule

Kansas Women's Leadership Conference

Finding Your Approach to Fitness

What does Fitness mean to you?

Obstacles to Fitness

Personal Strengths

Calculating Target Heart Rate

$$220 - \text{Age} = \text{Max HR}$$

$$\text{Max HR} - \text{Rest HR} = \text{HR Reserve}$$

$$\text{HR Reserve} \times 0.5 + \text{Rest HR} = \text{Target HR}$$

$$\text{HR Reserve} \times 0.8 + \text{Rest HR} = \text{Target HR}$$

TABLE 8.1		
Estimating Daily Caloric Expenditure		
To compute your estimated daily caloric expenditure, multiply your body weight in pounds by the calories per pound that corresponds to your activity level.		
Activity Level	Description	Calories per Pound of Body Weight Expended during 24-Hour Period
1 Very sedentary	Restricted movement, such as a patient confined to a house	13
2 Sedentary	Light work or office job	14
3 Moderate activity	Some daily activity and weekend recreation	15
4 Very physically active	Vigorous activity at least 3-4 times/week	16
5 Competitive athlete	Daily activity in high energy sport	17-18

TABLE 8.3

Calories Expended during Selected Activities

Activity	Calories/Minute/Kilogram	Calories/Minute*	METs†
Bowling	0.0471	3.2	2.7
Golf	0.0559	3.8	3.2
Walking (17 min per mile)	0.0794	5.4	4.5
Tennis (doubles)	0.0882	6.0	5.1
Cycling (6.4 min per mile)	0.0985	6.7	5.6
Tennis (singles)	0.1029	7.0	5.8
Canoeing (15 min per mile)	0.1029	7.0	5.8
Swimming (50 yards per min)	0.1333	9.1	7.6
Running (10 min per mile)	0.1471	10.0	8.0
Cycling (5 min per mile)	0.1559	10.6	8.5
Handball (singles)	0.1603	10.9	9.1
Running (8 min per mile)	0.1856	12.6	10.0
Running (6 min per mile)	0.2350	16.0	12.8

* These values are for a 150-lb (68-kg) person.

† 1 MET equals your resting metabolic rate.

Source: From Bud Getchell, *Physical Fitness: A Way of Life*, 5th ed. Copyright © 1998. Reprinted by permission of Pearson Education, Inc.

Fitness Change Contract

My long-term fitness goal is:

These are three obstacles achieving this fitness goal:

1. _____
2. _____
3. _____

Strategies I will use to overcome these obstacles are:

1. _____
2. _____
3. _____