

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 _____ At Your Leisure _____
with some _____ 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- Abdom- inals	Thighs Feet	Arms Should- ers	Back- Legs	Arms- Should- ers	Stamina (Pep)	Energy Outgo cal. cost	Joy-Sat- isfaction	Relaxa- tion- 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	L	M	M	H-L	H-L
Climbing stairs	M	H	L	L	L	H	H	H-L	H-L
Stoop-lifting	M	H	M	M	L	H	H	H-L	H-L
Cleaning-weekly	M	H	H	M	M	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	M	L	L-M	H-L	H-L
Casting	L	L	L	L	L	L	L	H-L	H-L
Golf	L	M	L	L	L-M	L	M	H-L	H-L
Gardening	L	M	M	L	L	M	M	H-L	H-L
Dancing	L	M	L	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	L	L	L	M	M	H-L	H-L
Skating	M	M	L	M	L	M-H	M-H	H-L	H-L
Tennis	M	H	H	M	M	H	H	H-L	H-L
Swimming	M	H	H	H	H	H	H	H-L	H-L
Skiing	M	H	L	L	L	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.

MOVEMENT
PATTERNS

FOR

DYNAMIC
HEALTH

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:		
15-18	134 pounds	3000 calories
19-22	147 pounds	3000 calories
23-50	154 pounds	2700 calories
51+	154 pounds	2400 calories
Females:		
15-18	119 pounds	2100 calories
19-22	128 pounds	2100 calories
23-50	128 pounds	2100 calories
51+	128 pounds	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*		
TYPE OF ACTIVITY	Cal/hr/lb. (motion only)	Cal/hr/for 130 lb. woman
LYING Sleeping At rest	0.40	52
SITTING Eating Driving a car Reading cards TV-Radio Writing-typing Musical instrument	1.75	227
STANDING Personal toilet Food preparation Light laundry Ironing Office work	2.40	312
WALKING Indoors-outdoors Cleaning (daily) Hanging clothes Dancing-golf-bowling	4.80	624
VIGOROUS MOVEMENTS Gardening Home exercises Tennis-swimming Skating-skiing Mopping-polishing Cleaning windows Bedmaking-stripping Scrubbing floors Climbing stairs	11.5	1495

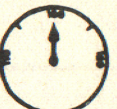

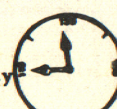

*These values are estimates based on the average to provide you with a reasonable approximation. Of the energy expenditure in different physical activities. A rule of thumb sometime used is 15 calories per pound of body weight for moderately active person; 20 calories for active and 12 for sedentary 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		
Movement Patterns Used Chiefly	Calorie Needs (Daily)	Activity Rating
At rest	1,400 to 1,600 1,600 to 1,800	INACTIVE
Sitting with some walking	1,700 to 1,900	SEDENTARY
Standing with some walking	2,000 to 2,300	MODERATELY ACTIVE
Walking with some vigorous movements	2,400 to 2,600	ACTIVE
Vigorous movements with some walking	2,700 to 3,000	VERY ACTIVE

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)	= / 110 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)	2,230 cal. (changed to automatic dishwasher) 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.