

## ACTIVITY 2B: STUDENT HANDOUT

### CLASSIFICATION OF ACTIVITIES

Sedentary	Light	Moderate	Very Active
Doing homework	Activities done while standing	Carpentry work	Basketball
Eating	Dish washing	Gardening	Bicycling (13 m.p.h.)
Listening to the radio	Making beds	Heavy house work	Cheerleading
Other sitting types of activity that are not strenuous	Mopping	Walking moderately fast	Cross-country skiing
Playing cards	Personal care	Window washing	Dancing, fast
Reading	Preparing food		Football
Sewing	Sweeping		Running (7 m.p.h.)
Sitting in class	Walking slowly		Skiing
Typing			Swimming
Watching T.V.			Tennis
Writing			

When the individual's activity level is determined, the following formulae may be used, along with the basal metabolism requirement, to estimate the total calories expended for physical activity in one day:

For "sedentary" individuals:

$$\text{calories for basal metabolism} \times 20\% = \text{calories for physical activity}$$

For "light activity" individuals:

$$\text{calories for basal metabolism} \times 30\% = \text{calories for physical activity}$$

For "moderate activity" individuals:

$$\text{calories for basal metabolism} \times 40\% = \text{calories for physical activity}$$

For "very active" individuals:

$$\text{calories for basal metabolism} \times 50\% = \text{calories for physical activity}$$