



# move**MORE**

*Resource guide*

*“Movement is a window into future health”*

## Move More

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In order to maintain health, we should be getting a minimum of 150 “intensity minutes” per week of movement/exercise.

What does this mean?

### PRO-ACTIVITY’S DOSING SCHEDULE

Below is a sample of what “150 intensity minutes” could look like over the course of a one week timeframe. Anything in **light blue** counts as *double the intensity minutes* towards your totals as long as you get your heart rate >75% of your maximum heart rate (see the section on “finding heart rate” below for more detail on this!). The minutes that are **highlighted** are “optional” as we tend to have more free time on the weekend to squeeze in a little extra!

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<b>Movement</b>	5 min	5 min	10 min	5 min	10 min	5 min	10 min
<b>Fitness</b>	-	15 min	-	15 min	-	10 min	20 min
<b>Strength</b>	-	-	10 min	-	10 min	-	20 min
<b>Daily Total</b>	5 min	35 min	30 min	35 min	30 min	25 min	90 min
<b>Weekly Total</b>	160 min + 90 min (optional) = 250 minutes						

If we use the dosing schedule from above we can see that this can be done in about 15-20 minutes 5 days/ week. Wait that math doesn't work??? It does when we account for the intensity component. The beauty of exercising with higher intensity is that those minutes count as double. So if you do 10 minutes at high intensity, it actually counts as 20 intensity minutes.

If we are looking to IMPROVE health, the guideline increases to about 300 intensity minutes per week. From the current research this amount of exercise can have a protective effect against chronic diseases (diabetes, heart disease, etc.) and can actually go a long way to reverse these diseases as well.

## Finding Heart Rate

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An easy way to estimate our maximum heart rate is to take 220 and subtract our age. For example: if you are 40 years old, your age predicted max heart rate would be 180 beats per minute (bpm). In this example, any activity that raises your heart rate above 135 bpm would count as "high intensity" and would count as double towards your intensity minutes.

Now age predicted max heart rate is an estimate and is not 100% accurate as there are many factors that can affect this. A more accurate way to determine your maximum heart rate is to complete a maximum heart rate test which can be administered by a Pro-Activity employee.

[This article](#) from Polar discusses these tests in more detail.

## Tracking Movement

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We can't change what we don't measure. For exercise tracking there are a number of good options and different brands out there to help you increase your awareness to how much you move. Your goals and activities of choice will determine how detailed you want to be with this. Here are a couple of options that we like and have used personally:

1. [Garmin](#)
2. [Apple Watch](#)
3. Garmin Sleep Tracker

## Garmin



## Apple Watch



## Garmin



Not ready to dive in head first to fitness tracking? There are also some low tech options that can be a good starting point if you are just getting going.

Simply logging the type of exercise you completed, the amount of time you exercised, and rating the difficulty of that exercise (on a scale from 1-10), can act as a good measuring stick and activity tracker. [This research](#), and many other studies like it, have shown that a rating of perceived exertion (RPE) correlates very closely to heart rate during exercise. Using a 1-10 scale where 1 is minimal and 10 is maximal effort/exhaustion can help guide your exercise and give you a good indication of how hard you are working.

RPE SCALE	
1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Maximal/Exhaustion

## Movement Quick Tips

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### MOVEMENT + EXERCISE QUICK TIPS



#### Move More

Improved Fitness level and metabolic rate effectively reduce risk for A number of chronic diseases.



#### Move Well

Movement quality including proper mobility, strength, balance, and control is an important component to long term injury risk reduction.



#### Move Often

Establish a consistent exercise routine. Studies indicate people who exercise at a regular time increase likelihood of sticking with their routine.



#### Dynamic Warmup

A through warm-up that increases your heart rate and primes your body for movement is an important piece of a healthy exercise routine



#### Questions or concerns?

Contact Pro-Activity with any questions or concerns related to your health.



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## **GETTING A BASELINE - Movement and Fitness Assessment**

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A great start to improving your movement and overall fitness is to get a movement and fitness evaluation.

A movement and fitness evaluation will give you a thorough assessment and snapshot into your current health including cardiorespiratory fitness, strength, movement quality, and blood values.

Knowing where you stand is the fastest way to get on the right track. With proper assessment, our team of professionals can put together a custom treatment plan that is fit especially for your specific needs and goals.

Ask about how you can get set on the right track to reaching your health and fitness goals. Or, head to our [website](#) and schedule an evaluation!