

Application**6-B****WHO'S GETTING ENOUGH
LIFESTYLE PHYSICAL ACTIVITY?**

Look at the lifestyle physical activity patterns for three different people with three different jobs. Answer the questions below.

| Jon Yard care specialist | Sonia Insurance claims adjuster | Susan Nanny and housekeeper |
|--|---|---|
| Mowing and general lawn care for 6 hours | Worked at her desk for 7 hours | Walked with kids to park and played with them for 1 hour after school |
| Built a brick patio for 90 minutes | Walked five flights of stairs to and from her office—total of 6 minutes | Mopped the floors for 20 minutes |
| Ate lunch for 30 minutes | Ate lunch at her desk for 1 hour | Ironed clothes for 30 minutes |
| Watched television all night | Played video games and watched television all night | Went out to dinner and a movie after work |

- Which person spent the least total time in lifestyle physical activity? _____
- Which job required the most time in intense physical activity based on METs? What does the MET level indicate?

- What could Sonia do during the workday to increase her lifestyle physical activity?

- What would you guess is the average MET level of Susan's activities? What might Susan need to do to enhance her lifestyle activity?

- Select three different careers you might be interested in pursuing and write them below. How many minutes per day do you think you would engage in moderate lifestyle activity at each job? Would the job provide enough opportunity to meet the recommended guidelines for lifestyle physical activity?

| Career | Time in activity | Is it enough? |
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