



# 6.2

## Activity

Student text page 99

### WALKING FOR WELLNESS

Read the introduction to Walking for Wellness on textbook page 99.

Walking is recognized as a good activity for promoting cardiovascular fitness and improving body composition, health, and wellness. It is recommended that adults should perform regular physical activity equal to 30 minutes of brisk walking on most, if not all, days of the week.

In this activity, you will walk for 30 minutes; keep track of the number of miles you walked and the pace at which you walked. Use the calorie expenditure chart to determine how many calories you have expended. Record your results below. Another chart has been provided to monitor your daily walks for two weeks. You may want to photocopy this sheet to monitor your walking in future weeks. Keeping a chart can help motivate you to make walking a part of your daily routine. You may be surprised at how many calories you expend over time.

#### 30-Minute Walk Results

	Miles walked	Pace Slow/Mod/Brisk	Calories expended
In-class trial		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	

#### Calorie Expenditure Chart

Pace	Calories expended in 30 minutes Your weight		
	100 lbs	150 lbs	200 lbs
Slow walking (less than 1 mile in 30 minutes)	62	93	124
Moderate walking (1 to 1 1/2 miles in 30 minutes)	102	153	204
Brisk walking (more than 1 1/2 miles in 30 minutes)	125	188	250

#### Walking Record

Dates: ___ / ___ / ___ to ___ / ___ / ___				Dates: ___ / ___ / ___ to ___ / ___ / ___			
Day	Mile walked	Pace Slow/Mod/Brisk	Calories expended	Miles walked	Pace Slow/Mod/Brisk	Calories expended	
Mon.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Tues.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Wed.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Thurs.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Fri.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Sat.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Sun.		<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>		
Totals		___ ___ ___			___ ___ ___		