

# Perception: .....

## How physically active are you?

Think about your weekly routine. How much time and effort do you put into physical activity?

These questions do not seem difficult to answer, but few people actually take the time to think about the amount of physical activity they are receiving despite its beneficial impact upon their health. As you think about these important questions we'll give you a hint - rushing to appointments, driving your children around, or simply being on a tight schedule does not necessarily mean you are being physically active.

Do you believe that you are physically active enough to benefit your personal health and well-being? ☐ YES ☐ NO

Now that you have an answer, test yourself to see how you measure up on the "HEALTH BENEFITS QUIZ".

### Health Benefits Quiz

**PART 1: INTENSITY** Select *the most appropriate* amount of effort for fitness activity you regularly participate in and follow that same column down as you complete Part 2 and 3.

MINIMAL EFFORT	LIGHT EFFORT	MODERATE EFFORT	VIGOROUS EFFORT
There is no change in your breathing or heart rate from resting levels. (i.e. dusting, seated activities)	Causes a slight increase in breathing, heart rate and body temperature. (i.e. light walking, gardening, Tai Chi, bowling)	Intense enough to cause increased breathing rate, heart rate and body temperature. (i.e. brisk walking, swimming, dancing)	Intense enough to cause heavy breathing, a rapid heart rate and sweating. (i.e. aerobics, jogging, hockey, basketball)
points <input type="text" value="0"/>	points <input type="text" value="10"/>	points <input type="text" value="10"/>	points <input type="text" value="10"/>

**PART 2: DURATION** Select the amount of time each day that you normally perform your fitness activities.

MINIMAL EFFORT	LIGHT EFFORT	MODERATE EFFORT	VIGOROUS EFFORT
If you select minimal effort for your typical intensity your score for the quiz is 0.	60 mins plus = 10 30 mins plus = 5 20 mins plus = 4 10 mins plus = 2 less than 10 mins = 0	60 mins plus = 12 30 mins plus = 10 20 mins plus = 5 10 mins plus = 3 less than 10 mins = 0	60 mins plus = 12 30 mins plus = 11 20 mins plus = 10 10 mins plus = 4 less than 10 mins = 0
Please go directly to the Health Benefits Rating Chart to learn more.	points <input type="text"/>	points <input type="text"/>	points <input type="text"/>

**PART 3: FREQUENCY** Select how often a week you normally participate in your fitness activities.

LIGHT EFFORT	MODERATE EFFORT	VIGOROUS EFFORT
7 days/week = 10 4-6 days/week = 7 2-3 days/week = 5 1 day/week = 1 1-3 times/month = 0	7 days/week = 12 4-6 days/week = 10 2-3 days/week = 5 1 day/week = 2 1-3 times/month = 0	7 days/week = 13 4-6 days/week = 10 2-3 days/week = 8 1 day/week = 3 1-3 times/month = 0
points <input type="text"/>	points <input type="text"/>	points <input type="text"/>

**PART 4: TOTAL** Add your total points. Intensity + Duration + Frequency = Total

TOTAL = <input type="text"/>	TOTAL = <input type="text"/>	TOTAL = <input type="text"/>
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## Reality Check: HOW DID YOU SCORE?

Now that you have your total points, compare your score to the Health Benefits Rating Chart below:

### Health Benefits Rating Chart

**35 Points**  
MAXIMUM ACTIVITY. Performing vigorous physical activity will give you many health and fitness benefits. At this level, be careful not to over-exercise. Over-exercising can leave you susceptible to sickness and injury.

**30-34 Points**  
EXCELLENT WORK. The amount of physical activity you are performing at this intensity is sufficient to produce health benefits. By keeping at it, you will be protecting yourself from many health problems associated with an inactive lifestyle.

**16-29 Points**  
YOU'RE ALMOST THERE. Although some activity is better than none, the amount of activity you currently perform at this intensity is insufficient to produce health benefits. To receive health benefits try to increase one or more of the three variables. Continue reading to get more tips on increasing your activity.

**0-15 Points**  
NEED TO DO MORE. Inactivity is associated with considerable health risks. The greatest health benefit occurs when you move from being inactive to accumulating 60 minutes of light activity daily. Keep reading to find out how to get enough physical activity into your life.

### Differing Opinions?

Did your quiz results differ from your original perception? If your score was a little lower than you first believed, do not worry, you are not alone. In a survey of Saskatoon residents, 77 per cent believed that they were physically active on a regular basis. In reality, only 33 percent of those respondents were actually physically active enough to receive any health benefits.

### Closing the Gap:

**Making Perception Your Reality**  
If your original perception and actual quiz score were substantially different, or if your score was less than 30 points, all is not lost. But perhaps it is time TO BE more physically active. Whether you are just getting started or if you need to do more physical activities, the following information will help you down the right path.



**Take It In Stride**  
One misconception is that only the most vigorous activity is beneficial. In fact, regular participation in activities of light or moderate intensity can be just as healthy. You can start slowly to close the gap with less intense activities until you feel comfortable with your routine.

Don't do too much too soon, especially if you are new to exercise. The safest way to avoid injuries is to pace yourself. Begin with an activity that is manageable for you - many find that walking is a great way to get started. Whatever activity you choose be sure to incorporate some easy stretches at the beginning and end of your workout. Proper stretching pays off by helping prevent muscular aches and pains.

Once you start feeling that your fitness routine is becoming easy for you to perform, then it is time to build upon it so you can maximize your health benefits. There are many ways to do this such as slowly increasing the duration, frequency or intensity of the activity.

For example, if you are walking three times a week for 30 minutes a day, consider increasing your duration to 45 minutes a day; try to increase your frequency to five times a week; or gradually increase the speed of your walk to build on the intensity. If you feel tired or sore, ease up on the intensity or take a day off to rest. Whatever you do make sure you don't give up entirely.