MiPACT PROJECT

Physical Activity Profile Portfolio
# Table of Contents

## Section 1: Energy Expenditure

- Key to Intensity Thresholds .................................................. 4
- A: 24 Hour Bar .................................................................. 5
- B: 24 Hour Radial ............................................................... 6
- C: Weekly Data .................................................................. 7

## Section 2: Summary Data

- D: Bubble ........................................................................ 9
- E: Bar ............................................................................ 10
- F: Pie ............................................................................... 11

## Section 3: Health Targets

- G: Wheel Of Activity .......................................................... 13
- H: Target Bars .................................................................. 14
- I: Sliding Targets .............................................................. 15
Section 1 – Energy Expenditure

We have measured your 24-h daily energy expenditure (i.e. the number of calories you burn per day)

For each day we have collected 1440 minutes of data!

There are a variety of ways of presenting such a large amount of information.

In this section, we will present your individual data (for one 24-h day) in a number of different ways.

After a brief introduction to each graphic we will ask you a few questions regarding your thoughts, opinions and preferences.
Key to Intensity Thresholds

- **Very vigorous**
  - High intensity, competitive sports, running, squash and basketball

- **Vigorous**
  - Brisk walking (flat or uphill), cycling, swimming, and jogging

- **Moderate**
  - Walking (with dog, shopping), Golf, moderate intensity home and garden (hoovering, sweeping, mowing lawn)

- **Light**
  - Light home-based activities (food preparation dishes, ironing, light cleaning)

- **Sedentary**
  - Sitting and/or lying (reading, TV, video games, talking), computer work (desk based or seated)
Saturday 23/03/2013
Total Calories: 2614
B – 24 hour Radial

Saturday 23/03/2013
Total Calories: 2614
C – 7 Day Data

2614 Calories

1972 Calories

2283 Calories

2260 Calories

2441 Calories

2253 Calories

2481 Calories
Section 2 – Summary Data

We have shown you various ways of displaying your daily or weekly activity patterns, we can now pick out key summary information.

For example we can display the average and total time spent in each activity intensity threshold during your week.

We can also summarise the amount of calories expended at each of these intensity thresholds.

The table below is used to describe the relationship between time and energy within each activity threshold.

You will now be shown some visual images of your summary data.

<table>
<thead>
<tr>
<th>Activity Intensity</th>
<th>Time (Minutes)</th>
<th>Calories</th>
<th>Calories</th>
<th>Time (Minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sleep</td>
<td>30</td>
<td>35</td>
<td>500</td>
<td>400</td>
</tr>
<tr>
<td>Sedentary</td>
<td>30</td>
<td>50</td>
<td>500</td>
<td>275</td>
</tr>
<tr>
<td>Light</td>
<td>30</td>
<td>100</td>
<td>500</td>
<td>150</td>
</tr>
<tr>
<td>Moderate</td>
<td>30</td>
<td>180</td>
<td>500</td>
<td>80</td>
</tr>
<tr>
<td>Vigorous</td>
<td>30</td>
<td>300</td>
<td>500</td>
<td>50</td>
</tr>
<tr>
<td>Very Vigorous</td>
<td>30</td>
<td>425</td>
<td>500</td>
<td>35</td>
</tr>
<tr>
<td>Time spent (hh:mm)</td>
<td>Energy spent (Kcal per day)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>--------------------</td>
<td>-----------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12:50</td>
<td>1044</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>00:54</td>
<td>136</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>01:46</td>
<td>484</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>00:27</td>
<td>201</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>00:01</td>
<td>5</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
E – Bars

- **Energy Expended (Kcal per day)**
  - **SEDENTARY** (excluding 8 hrs. sleep) = 1044
  - **LIGHT** = 136
  - **MODERATE** = 484
  - **VIGOROUS** = 201
  - **VERY VIGOROUS**

- **Time spent (minutes per day)**
  - **SEDENTARY** = 771
  - **LIGHT** = 54
  - **MODERATE** = 107
  - **VIGOROUS** = 28
  - **VERY VIGOROUS**
Further to summarising your activity data, we can now show how this sits with current health recommendations.

These recommendations are set based on levels of activity associated with risk for a variety of health problems.

Here we present 5 physical activity targets which have independent effects on your health risk.

There are therefore various aspects of your physical activity profile that can be altered to improve your health.

The 5 dimensions are:

- **Daily calorie burn:** PAL ≥ 1.75
- **Weekly moderate activity:** 120 accumulated minutes
- **Moderate 10 minute bouts:** 150 minutes per week
- **Vigorous activity minutes:** 75 minutes per week
- **Sedentary time:** < 60% of waking day

This section will use a traffic light colour system to indicate whether you are under, near or over the target.
G – Wheel of Activity

- Hit Target
- Near Target
- Missed Target

- Weekly Vigorous Activity
- Weekly Moderate Bouts
- Sedentary Time
- Daily Moderate Activity
- Daily Calorie Burn
H – Target Bars

**Daily Calorie Burn (Kcal)**
- **Hit Target**: 2415
- **Near Target**: 2329

**Daily Moderate Activity (Minutes)**
- **Hit Target**: 120
- **Near Target**: 107

**Weekly Moderate Bouts (Minutes)**
- **Hit Target**: 150
- **Near Target**: 450

**Weekly Vigorous Activity (Minutes)**
- **Hit Target**: 75
- **Near Target**: 195

**Sedentary Time (% of day)**
- **Hit Target**: 60
- **Near Target**: 80