Key Points – Stay Fit and Well by Walking

1. Exercise prescription:
   1.1 The ACSM recommendation (for apparently healthy adults of all ages):
      - Moderate-intensity cardiorespiratory exercise for ≥30 min·day\(^{-1}\) on ≥ 5 d·week\(^{-1}\) for a total of ≥150 min·wk\(^{-1}\), Vigorous-intensity cardiorespiratory exercise for ≥20 min·day\(^{-1}\) on ≥ 3 d·week\(^{-1}\) for a total of ≥75 min·wk\(^{-1}\) or
      - a combination of moderate- and vigorous-intensity exercise to achieve a total energy expenditure of ≥500-1000 MET·min·wk\(^{-1}\)
   1.2 WHO recommendation (for adults aged 18–64 years):
      - 150 minutes of moderate-intensity physical activity OR
      - 75 minutes of vigorous-intensity physical activity OR
      - An equivalent combination of moderate- and vigorous-intensity physical activity achieving at least 600 MET-minutes.

2. Exercise Intensity
   2.1 HR/ HRR / RPE /MET

2.2 MET - Metabolic Equivalent of Task

   The metabolic equivalent of task (MET) is the objective measure of the ratio of the rate at which a person expends energy, relative to the mass of that person, while performing some specific physical activity compared to a reference, set by convention at 3.5 mL of oxygen per kilogram per minute, which is roughly equivalent to the energy expended when sitting quietly.
   - 1 MET was considered as the resting metabolic rate (RMR) obtained during quiet sitting,
   - 1 MET = oxygen cost of sitting quietly, equivalent to 3.5 mL/kg/min.
   - 1 MET = spending 1 kcal/kg/hr
3. Let’s Walk

3.1 CityU Hillside Walk on (9/1/2020)

3.10km / 45:39 / 14:45 min/km / 186m elevation gain / 286 Calorie
Average HR 118 b/min Highest HR 158 b/min
Ex. Intensity = (286/73Kg) x (60min/45:39min) = 5.2 MET
Ex. Volume = 5.2 MET x 45min = 234 MET-minutes

3.2 Daily Walking Routine near Home (12/3/2020)

3.8km / 44.02 / 11:35 min/km / 19m elevation gain / 139 Calorie
Average HR 90 b/min Highest HR 102 b/min
Ex. Intensity = (139/70Kg) x (60min/44.02min) = 2.7 MET
Ex. Volume = 2.7 MET x 44min = 118 MET-minutes

3.3 Vigorous Uphill 25/1/2020

9.53km / 2:14:44 / 14:08 min/km / 595m elevation gain / 673 Calorie
Average HR 123 b/min Highest HR 164 b/min
Ex. Intensity = (673/69.72Kg) x (60min/135min) = 4.29 MET
Ex. Volume = 4.29 MET x 135min = 579 MET-minutes

Get started for Fitness Walking
Wearable technology: Includes fitness trackers, smart health watches, heart rate monitors and GPS tracking devices.


4.1 Simple Gears: footwear, clothing, sun protection

4.2 Ask yourself:
- Is this a good time for me to start exercising?
- Am I prepared to start a walking program?
- Where can I walk safely?

4.3 Consideration for developing a walking program:
- How much time do I have available to spend walking each day?
- How far or long should I walk?
- How do I make and keep walking fun?

4.4 Using a Pedometer

4.5 Your First Step – Physical Activity Readiness Questionnaire (PAR-Q)

Starting a Walking Program – ACSM brochure.

https://www.acsm.org/docs/default-source/files-for-resource-library/starting-a-walking-program.pdf?sfvrsn=85e9d2d9_2

5. Green Walking -

Spending at least 120 minutes a week in nature is associated with good health and wellbeing.

Extended Reading:

1. Spending at least 120 minutes a week in nature is associated with good health and wellbeing. (2019) Mathew P. White et.al. Scientific Reports 9, Article number 7730(2019)
   https://www.nature.com/articles/s41598-019-44097-3


   https://www.acsm.org/docs/default-source/files-for-resource-library/starting-a-walking-program.pdf?sfvrsn=85e9d2d9_2

Online Evaluation of the Programme:
https://cityuhk.au1.qualtrics.com/jfe/form/SV_0on7QhQq4cdReBf