

# What is Lifestyle Physical Activity?

Think of 2 ways  
you could integrate  
physical activity  
into your lifestyle.

# What ***Is*** Lifestyle Physical Activity?

- Old way of thinking
  - Sweaty – hard workouts
- New Research!

# Definition

- 30 minutes of activity each day
- Leisure, occupational, or household activities
- Moderate to vigorous in intensity
- Planned or unplanned
  - Dunn, Andersen, & Jakicic, 1998, p. 399.