

## WHAT IS MVPA?

MVPA refers to moderate to vigorous physical activities. Physical activity is a core component of a healthy lifestyle, and covers a range from incidental movement (such as walking to get to places) to leisure-time physical activity such as sports and exercise that range from moderate intensity to vigorous intensity.

### HOW DO I KNOW IF MY ACTIVITIES ARE OF MODERATE TO VIGOROUS INTENSITY?

To gauge your level of intensity, you can simply measure your heart rate during your activities. Heart rate is measured in beats per minute (bpm) and can vary greatly from person to person depending on factors like age and fitness level.

Exercise within the moderate to vigorous heart rate zones to clock MVPA!

Heart Rate Zone (% of Maximum Heart Rate)		
<b>LIGHT</b> 57% - 63% of Maximum Heart Rate	<b>MODERATE</b> 64% - 75% of Maximum Heart Rate	<b>VIGOROUS</b> 76% - 95% of Maximum Heart Rate

In other words, MVPA is attained when you reach at least 64% of your maximum heart rate.

$$64\% \times \text{Maximum Heart Rate} = \text{MPVA}$$

### HOW DO I ESTIMATE MY MAXIMUM HEART RATE?

Use the formula below to estimate your age predicted maximum heart rate

$$220 - \text{Your Age} = \text{Maximum Heart Rate}$$

	25 Years old	45 Years old	65 Years old
Light (57 – 63% max HR)	111 - 123	99 - 111	88 - 98
Moderate (64 – 75% max HR)	124 - 147	112 – 132	99 - 117
VIGOROUS (76 – 95% max HR)	148 - 185	133 - 166	118 - 148

Source: Fox SM 3rd, Naughton JP, Haskell WL. Physical activity and the prevention of coronary heart disease. *Ann Clin Res.*1971; 3(6): 404-32



### ***MODERATE-INTENSITY PHYSICAL ACTIVITIES***

Moderate-intensity physical activities refer to those that cause a noticeable increase in breathing rate and heart rate. For instance, brisk walking at approximately 100 steps per minute should get you to an intensity that you will be able to carry on a conversation but will not have enough breath to sing.



### ***VIGOROUS-INTENSITY PHYSICAL ACTIVITIES***

Vigorous-intensity physical activities refer to those that cause large increases in breathing rate and heart rate. For instance, you will not be able to carry out a conversation while you are jogging or doing step aerobics, but you are not out of breath.



### ***HPB FITNESS TRACKER***

You can now check your heart rate easily during your activities with the HPB fitness tracker! The HPB-issued heart-rate monitoring fitness tracker can track your heart rate continuously as long as it is charged and worn correctly on the wrist as you move throughout the day.

### ***RECORDING YOUR FITNESS ACTIVITIES***



To monitor heart rate at greater accuracy during exercise sessions, trigger the Exercise function within your HPB fitness tracker.

The Healthy 365 mobile app\* will only register MVPA duration for exercise sessions that

- last more than 10 minutes; and
- at moderate to vigorous level of intensity

For instructions on how to activate the Exercise functions, kindly refer to the instruction manual which comes along with the Tracker within its packaging, or refer to the FAQ.

*\*Do note that the function to sync your MVPA duration to the Healthy 365 mobile app is only available from 27 October 2018. You will need to update your Healthy 365 mobile app to the latest version from 27 October 2018 onwards in order to access the full features and functions.*