

# WORKOUT

THE MAGAZINE FOR HEALTH  
MARCH 2021

## BPM & GRAPHS

Tracking your heart rates that are evaluated by many types of charts and graphs.

## FINDING YOUR NEW DIET

Looking at the different outcomes of meals and specific exercises.

REST A WHILE.  
RUN A MILE

INCLUDES A  
FOOD PLAN!

# INTENSITY ACTIVITIES

The most enjoyable fitness intensity that I enjoyed them all as they served different purposes. The medium level was more challenging than the low-intensity level but calmer than the hard-intensity level. At this level, you performed mostly sports like basketball, badminton, and activities like dodgeball.

There was a low fitness intensity level that had very calm but long activities or exercises. I enjoyed this because this is the most effective way to lose weight and fat.

I also enjoyed the hard intensity level. Even though it was very challenging and tiring, it is the most effective way to strengthen your performance and endurance.

There are different types of goals for the three fitness intensities. When you continue reading, each level will include the goal for each specific area. Each fitness intensity level is mostly divided into 7 sections or goals. They each have the talk test, the benefit, the wellness zone, activity, calories burned, fuel burned, and time-in zones,

I can improve my interpretation of the graphs to show my data properly. I wasn't entirely sure if these were the best ways to express or show my final data.

Although, I think I did well in the accuracy, organization, and the basic knowledge for graphs

# LOW FITNESS INTENSITY WORKOUT

WRITTEN BY KAELANI

Please click the graph images  
twice for more clearness.

The first level of intensity is called low intensity. While performing and doing this level:

- you should be able to still talk.
- the benefits of this are getting fit and being healthy.
- this level should be a brisk activity,
- You should be burning calories.
- Should be for a long period of time.

For this level, we walked across the Yodogawa River for 40 minutes.

The first graph shows my heart rate during a low-fitness intensity exercise. We performed this activity for a period of 40 minutes. Evaluated into a line graph, the light purple line first begins at BPM of 82, in minute 0. 10 minutes later, it increased 30 BPM, plotting at 112 BPM. After walking for at least 20 minutes, my heart rate decreased down to 60 BPM. After another 10 minutes, it went down to 58 BPM. And finally, at minute 40, my BPM was 64.

My range for the low fitness intensity should've been standing between 114 BPM, the darkest purple, to 83 BPM, the middle purple. My range for the low intensity should've been standing between 114 BPM, the darkest purple, to 83 BPM, the middle purple.



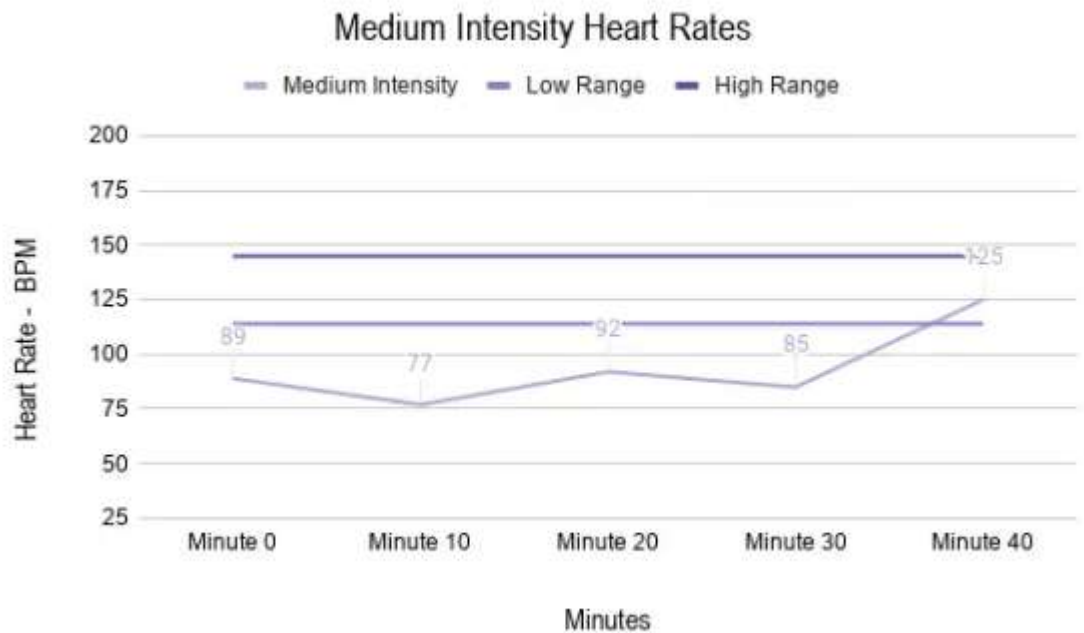
# MEDIUM FITNESS INTENSITY WORKOUT

WRITTEN BY KAELANI  
Please click the graph images  
twice for more clearness.

The second level of fitness intensity is called medium fitness intensity. While performing and doing this level:

- You can talk, but not comfortably
- The benefits of this are getting more fitter.
- Should be focusing on endurance
- You should be burning a lot of calories.
- Should be performed for most of your time.

We got to have some freedom of what we want to do for this level. I decided to play a match of badminton with some peers and a whole group game of dodgeball.



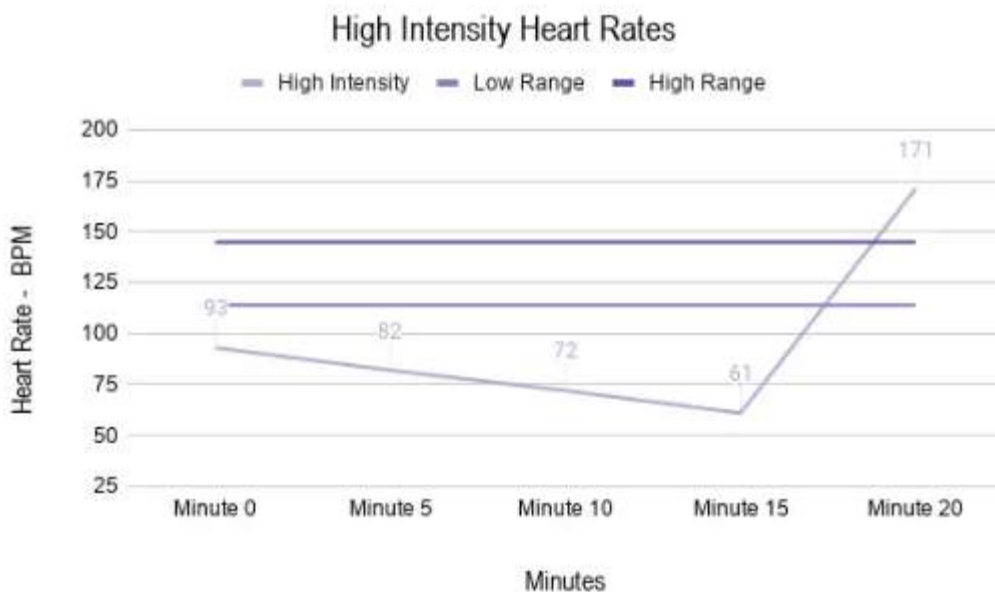
The second graph shows my heart rate during medium fitness intensity activity. During this time, I played badminton and volleyball for a period of 40 minutes. Evaluated into a line graph, the lightest purple starts at minute 0, plotting at 89 BPM. 10 minutes later, my heart rate decreased down to 77 BPM. At minute 20, it increased by 15 BPM, plotting at 92. 10 minutes later, it decreased back down to 85 BPM. And lastly, at minute 40, my heart rate plotted at 125 BPM.

My range for the medium fitness intensity was standing between 114 BPM to 145 BPM, and it's shown as the two purple lines on the graph.

# HARD FITNESS INTENSITY WORKOUT

WRITTEN BY KAELANI

Please click the graph images twice for more clearness.



The bottom graph shows my heart rate during high fitness intensity activities which took a period of 20 minutes. Evaluated into a line graph, the lightest purple starts at middle 0, plotting at 93 BPM. After 5 minutes, my heart rate decreased down to 82 BPM. At minute 10, it decreased by 10 BPM, plotting at 72 BPM. 5 minutes later, my heart rate came to a plot of 61 BPM. And lastly, at minute 20, my heart rate increased rapidly, plotting at 171 BPM.

My range for the high fitness intensity was between 114 BPM to 145 BPM, as is shown as the two straight purple lines.

The third level of intensity is called high fitness intensity. While performing and doing this level:

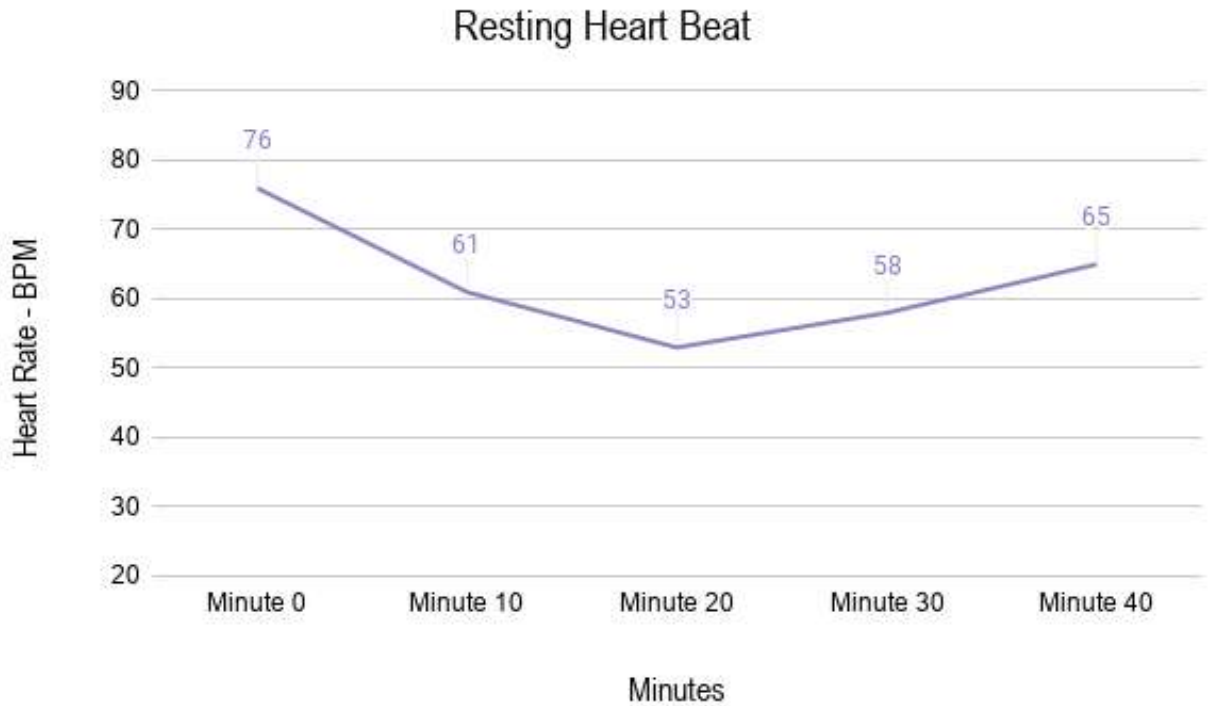
- It's difficult and uncomfortable to talk
- The benefits of this are getting faster.
- Should be focusing on performance
- You should be burning a lot of calories.
- Should be performed for most of your time.

For high fitness intensity, we had freedom of what we wanted to do for our activity. In groups of five, we made a schedule of hard exercises that were either a minute or 45 seconds long. We had 15-second breaks in between each exercise and repeated it 3 times.

# RESTING HEART RATE

WRITTEN BY KAELANI

Please click the graph images twice for more  
clearness.



This is my heart rate when I'm doing anything besides any active activities or movements. We did this over a 40 minute period and checked and documented our heart rated every ten minutes.

My average heart rate from this graph was 62.6 BPM.

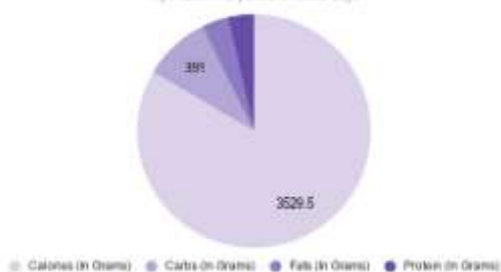
Over a 3 day period, I had an intake of three meals and at least two snacks per day. Each individual meal or snack had calories, carbs, fat, and protein. I recorded the how many calories, carbs, fat, and protein, in the meal by identifying it as grams.

# NUTRITION CALORIES, CARBS, FAT, & PROTEIN

WRITTEN BY KALANI

Please click the graph images twice for more  
clearness.

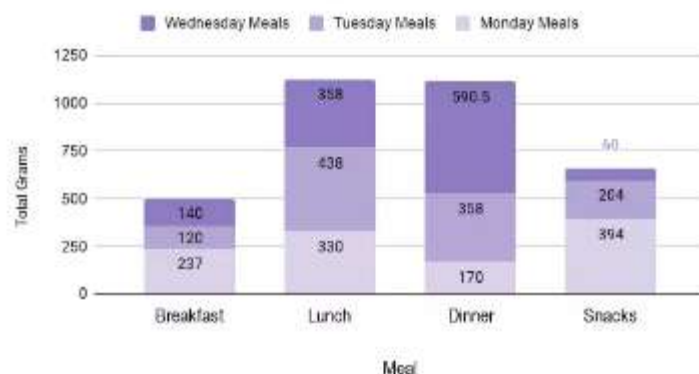
Total Calories, Protein, Fats, and Carbs Intake  
My intake in a period of three days



This pie chart shows how much calories, carbs, fat, and protein I had in total, in a period of 3 days. As you can see, calories take up 83.4% of the pie, resulting in 3529.5 grams. The next largest amount is carbs, which takes up 9.2%, as 391 grams. Both protein and fat are close to each other, but fat takes up more at 3.7%, 156.5 grams and protein taking up 3.6%, 153 grams.

The last graph is a stacked column chart. This is organized in a way that shows how many calories are in each meal from Monday to Wednesday. Lunchtimes had the highest amount of calories when all 3 days combined and meals during breakfast that the least amount of calories. Wednesday, dinner time had the highest amount of calories out of the whole entire chart, resulting in 590.5 grams.

Total Calones in Each Meal



From this data, you can see that I consume a lot of calories during lunch and dinner meals. I also see that I consume some unhealthy snacks that can affect my health. For improvement, I can cut down my intake of snacks during the day and watch out for the amounts of unhealthy fats and the number of calories in each meal.

A Filipino's food guideline is represented on a food pyramid. With the foods that should have a bigger intake at the bottom, the ones at the top are foods that should have a smaller intake. The Philippines daily nutritional food guide also includes a regular exercise on most days in a week for at least 30 minutes.

The food chart below follows the Filipino food pyramid. Per day, there is at least 5 to 8 servings of carbs, one egg, 3 servings of vegetables, 2 to 3 servings of fruits, 3 to 4 servings of meat and poultry, a limited amount of teaspoons of both sugar/sweets, fat, and oils, and having 5 -8 glasses of water or any kind of beverage.

The Filipino food chart may not be accurate with the amount of fats and oils that are included in meals. Filipino dishes and regular meals often have a larger amount of fats and oils. There is also nothing about alcohol intake.

# FOOD GUIDELINES: PHILIPPINES



	Breakfast	Lunch	Dinner	Snack
Monday	Sunnyside up egg	Rice	Rice	1 bannana
	2 glasses of fruit juice	Sinigang   Includes vegetables, meat, fats, and oils	Adobo   Includ ed meat, oils,	2 pieces of candy
	Yoghurt			
	1 - 2 spam	3 glasses of water	3 glasses of water	
	Rice	1 whole apple		
Tuesday	Rice	Rice	Pancit   Includes clear noodles, vegetables, meat	1 Apple
	4 pieces of Longganisa	Kare Kare   Includes vegetables, peanuts, meat	3 glasses of water	1 cup of milk
	2 glasses of fruit juice	3 glasses of water		
	Champrado   Includes rice, milk, and sugar			
Sunday	4 Pandesal   Bread roll includes sugar and milk	Arroz Caldo   Meat, rice,	Lechon   A full roasted pig	1 Cup of milk
	2 glasses of fruit juice		Rice	1 mango



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CLOSEDELETEEDIT

CALORIES, FAT, PROTEIN, AND CARBS FOUND @ MY FITNESS PAL

FREE CALORIE COUNTER, DIET & EXERCISE JOURNAL.

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