

ASSESSMENT

HOW ACTIVE ARE YOU?

(Page 180, *Eat Yourself Healthy*, Dr Megan Rossi)

Over the past three months, how many minutes per week did you spend doing:

1) Moderate-level exercise (where you could talk, but not sing, during the activity)?

Less than 30 mins
(0 points)

30–89 mins
(1 point)

90–149 mins
(2 points)

150–209 mins
(3 points)

210–269 mins
(4 points)

270+ mins
(5 points)

2) Vigorous exercise (where you couldn't say more than a few words without pausing for a breath)?

Less than 15 mins
(0 points)

15–44 mins
(1 point)

45–74 mins
(2 points)

75–104 mins
(3 points)

105–134 mins
(4 points)

135–164 mins
(5 points)

165+ mins
(6 points)

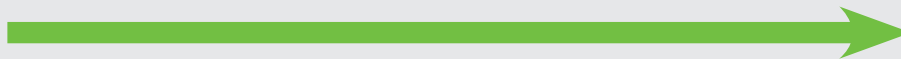
Tally your score: _____

Score interpretation:

Let's get you and your
gut microbes moving

Supreme
heart fitness

0 Points



11 Points

A score of three points is in line with national guidelines (that is, for heart fitness; it's also suggested you do strength exercises at least two days a week – think anything from lifting weights, weight-bearing exercises like yoga or even heavy gardening such as digging; anything that works all your major muscles counts). Need some more convincing? One study demonstrated that a change from zero to six points (from sedentary to 180 minutes of vigorous exercise a week) resulted in an improvement in participants' gut microbiota (GM) composition and function, i.e. which were there and what they did, independent of diet.