

## Activity Index for the Fitness Scale 7850

The Fitness Scale 7850 asks the user to enter an activity type ("AC" in the display). It can be selected between 1 to 5, which is aligned to the following activity behaviour:

- 1 rarely active (max 2 hours a day)
- 2 slightly active, sitting and standing activity
- 3 home and garden work, predominantly standing and rarely sitting
- 4 Sportsman and persons with high activity
- 5 hard workers, competitive athletes

The entered value only influences the forecast for energy consumption to the total consumption. The values of the body analysis are not influenced.

A factor is determined from the activity type with which the calorie non-active consumption (basic consumption) is multiplied to retrieve the total consumption approximately.

ACT-Category	Activity	Factor f
1 → very low	sedentary activity (reading, studying, speaking, maximum 2 hours standing or walking)	$f = 1.2$
2 → low	easy active sitting or standing activity	$f = 1.3$
3 → middle	homework, garden work, most times walking, sometimes sitting	$f = 1.5$
4 → heavy	sportsman, lots of movement	$f = 1.75$
5 → very heavy	building worker, pitman	$f = 2.0$

Basic consumption is the daily calorie consumption of the body at inactivity. Moving consumption is the required calories during real activity. Both result in the total consumption.

The basic consumption depends on age, sex, the height as well as the muscle portion.

Men have a slightly higher basic consumption than women do, elderly people a lower one than younger ones, those with more muscles and active people a higher consumption.

The actual energy and total consumption depends on the basic consumption as well as from the moving consumption according to type and extent of the person's activity.

Overweight is an indicator that the own energy requirements are overestimated and the energy content of food, which is mostly indicated on all food packages is underestimated.

The Fitness Scale helps to better estimate these factors.

The energy consumption can be almost doubled by doing lots of sports and body activity.