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Healthy Activities, Healthy Heart

August 21, 2022

Welcome to Issue 13 of Science Says! Our weekly newsletter where you'll learn the latest healthy aging and C15:0 research news that our team of doctors, scientists, and experts are most excited about—without having to go search for it.

Eric and Steph
Co-Founders, Doctors, Nerds

What Dr. Eric Venn-Watson, our co-founder and Navy physician, is reading.

HEALTHY AGING

Let's Take a Hike!

The American Heart Association recently published eight updated and enhanced health tips, called Life's Essential 8, in the journal, *Circulation*. We are dedicating this round of newsletters to Life's Essential 8.

What is Life's Essential 8?

Instead of defining whether or not you have heart disease, Life's Essential 8 is used to define whether or not you have heart *health*. Meeting all of these essential 8 goals is expected to help us not only have healthier hearts, they can enable us to live longer, healthier lives.

This week, let's talk about:

- [x] Participation in physical activity

A new approach to healthy exercise.

The American Heart Association provides a 0 to 100 point scoring system that is based on how many minutes of moderate-intensity activity you have per week. Since we all like As and Bs on our report card, here is how much activity is needed every week to get a healthy activity score of 80 to 100:

- 80 points = 90-119 minutes per week
- 90 points = 120-149 minutes per week
- 100 points = ≥ 150 minutes per week

So, what is 'moderate-intensity' activity?

We had the same question! According to Harvard, **moderate-intensity activities** are those that get you moving enough to burn 3 to 6 times as much energy per minute as you do when you are sitting quietly. These exercises clock in at 3 to 6 METS.

Since our fatty15 family is filled with overachievers, you may be asking, 'But what if I want to burn more than 6 METs?' These **vigorous-intensity exercises** give you extra credit. For every minute per week you do vigorous-intensity activity, you get two minutes of credit to the scoring system above.

Some examples, please.

You got it. Here are some examples provided by the team at Harvard.

Moderate-intensity activities:

- [ ] Walking very brisk (4 mph)
- [ ] Cleaning heavy (washing windows, vacuuming, mopping)
- [ ] Mowing lawn (power mower)
- [ ] Bicycling light effort (10-12 mph)
- [ ] Badminton recreational (or pickleball, anyone?)
- [ ] Tennis doubles

Examples of vigorous-intensity activities:

- [ ] Hiking
- [ ] Jogging at 6 mph
- [ ] Shoveling
- [ ] Carrying heavy loads
- [ ] Bicycling fast (14-16 mph)
- [ ] Basketball game
- [ ] Soccer game
- [ ] Tennis singles

So, check off or add activities, lace up your shoes, and aim for an A in physical activity! Stay tuned for next week's newsletter on the latest scientific studies around healthy sleep.

C15:0 to keep you motivated

Did you know that fatty15 is helping many of our customers maintain energy throughout the day, which makes it easier to get out and exercise? In fact, the pure powder C15:0 ingredient in fatty15 has been shown to naturally activate receptors called PPAR-delta and AMPK, which have been characterized as *exercise mimics*. This is because PPAR-delta activators can 'trick' your muscles into thinking that they are exercising, which helps you make the most of your exercise routine.* Have fun this week getting an A in physical activity!

Dive deeper into the science

READ THESE STUDIES

- Life's Essential 8: Updated tips from the American Heart Association
- Moderate vs. vigorous exercise
- PPAR delta and AMPK activators as exercise mimics
- C15:0 as a PPAR-delta activator