



## Household Circuit Activity Program [video transcript]

Household Domestic Activity Circuit Training is a unique program whereby patients systematically combine a number of household and or yard chores in a defined period of time or circuit.

The principle advantage of household circuit activity is that it improves daily physical activity energy expenditure without having to travel to a gym or exercise class. One can also accomplish necessary domestic chores with this activity. This is a creative way to get overweight pre-diabetic and diabetic patients into the mode of regular physical activity and instill a sense of accomplishment.

After a domestic physical activity history on the patient is performed by the health care provider, the *Household Circuit Form* (which you have the link for here) is filled out. Complete this form by coupling two or more household, yard or community activities, spaced with one- to two-minute rest break periods. Activities such as cleaning, scrubbing, sweeping and short-duration yard chores are ideal. The duration of each activity or chore depends on the time requirement of the chore or activity, but is generally between five and fifteen minutes for each activity.

In the first week or so, two or three activities will be sufficient. However, as the participant's stamina and fitness improves, each circuit should increase to include six to ten, or even more, diverse activities. Always start and end each circuit of activities with exercise that requires a low level of physical effort or a warm-up. For example, easy stretching or slow walking, and then add activities in an order that requires increasing effort. The total time for the circuit should be between 20 and 90 minutes—depending on the health status and fitness of the participant. It might also be helpful to refer to the *Ainsworth Compendium of Activities* document, for which you have the link here. This document compares hundreds of domestic activities by their relative energy expenditure.