Most Native American women over 40 years of age are inactive. Encouraging traditional activities can contribute to their health and wellness. The purpose of this study was to determine the exercise intensity of hauling rocks, wood and water in preparation for a sweat lodge ceremony. The participants were five American Indian women, (age = 47.2 yr. ± 3.4). The wood, rocks and water were placed approximately 118, 118, 87 meters, respectively, from a sweat lodge, which was down a slight hill. Oxygen consumption, heart rate, motion and steps were measured with an Aerosport KB1-C, Polar Vantage heart rate monitor, Computer Science Application (CSA) accelerometer, and a Digiwalker step counter, respectively. All instruments were synchronized with an external timepiece. After being fitted with the instrumentation the women walked for 5 minutes. Then, in random order, they hauled two self-selected loads of rocks and wood with in a wheelbarrow and carried two five-gallon buckets of water. Upon reaching the lodge, each load was weighed with a SECA scale, thus this was intermittent activity. The women engaged in the activity for 31.6 ± 4.3 minutes. For all of the activities, the means and standard deviations for VO2 (L min⁻¹), METs, HR (bpm), and CSA counts were 0.68 ± 0.2, 2.1 ± 0.3, 127.2 ± 14.4, and 2011.3 ± 309.3, respectively. The average total calories expended were 101.3 ± 34.2, as estimated by indirect calorimetry and the average total number of steps counted by the Digiwalker was 2254.8 ± 394. The mean and standard deviations for the mass of the loads were 20.9 ± 15.5, 12.4 ± 7.0, and 3.4 ± .1 kg, for rocks, wood and water, respectively. Using the criteria that moderate activity is 3-6 METs, the work of hauling rocks and wood in a wheelbarrow and water in a bucket down a small hill should be classified as light physical activity. Preparing for a sweat lodge ceremony is a traditional activity of light intensity that can contribute to American Indian women's physical activity. 

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