**General Physical Activities Defined by Level of Intensity**

The following in in accordance with CDC and ACSM guidelines.

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| **Moderate Activity** | **Vigorous Activity** |
| Walking at a moderate or brisk pace of 3 to 4.5 mph on a level surface inside or outside, such as   * Walking to class, work, or the store * Walking for pleasure * Walking the dog * Walking as a break from work   Walking downstairs or down a hill  Racewalking (less than 5 mph)  Using crutches  Hiking  Roller skating or in-line skating at a leisurely pace | Racewalking and aerobic walking—5 mph or faster  Jogging or running  Wheeling your wheelchair  Walking and climbing briskly up a hill  Backpacking  Mountain Climbing, rock climbing, rappelling  Roller skating or in-line skating at a brisk pace |
| Bicycling 5 to 9 mph, level terrain, or with few hills  Stationary bicycling—using moderate effort | Bicycling more than 10 mph or bicycling on steep uphill terrain  Stationary bicycling—using vigorous effort |
| Aerobic dancing—low impact  Water aerobics | Aerobic dancing—high impact  Step aerobics  Water jogging  Teaching an aerobic dance class |
| Calisthenics—light  Yoga  Gymnastics  General home exercise, light or moderate effort: Getting up and down from the floor  Jumping on a trampoline  Using a stair climber machine at a light to moderate pace  Using a rowing machine with moderate effort | Calisthenics—push-ups, pull-ups, vigorous effort  Karate, Judo, tae kwon do, jujitsu  Jumping rope  Performing jumping jacks  Using a stair climber machine at a fast pace  Using a rowing machine with vigorous effort  Using an arm cycling machine—with vigorous effort |
| Weight training and bodybuilding using free weights, Nautilus—or Universal—type weights | Circuit weight training |
| Boxing—punching bag | Boxing—in the ring, sparring  Wrestling—competitive |
| Ballroom dancing  Line dancing  Square dancing  Folk dancing  Modern dancing, disco  Ballet | Professional ballroom dancing  Square dancing—energetically  Folk dancing—energetically  Clogging |
| Table tennis-competitive  Tennis—doubles | Tennis—singles  Wheelchair tennis |
| Golf, wheeling or carrying clubs | ----------------------------- |
| Softball—fast pitch or slow pitch  Basketball—shooting baskets  Coaching Children’s or Adults’ sports | Most competitive sports, for example   * Football game * Basketball game * Wheelchair basketball * Soccer * Rugby * Kickball * Field or rollerblade hockey * Lacrosse |
| Volleyball—competitive | Beach Volleyball—competitive |
| Playing Frisbee  Juggling  Curling  Cricket—batting and bowling  Badminton  Archery  Fencing | Handball—general or team  Racquetball  Squash |
| Downhill skiing—with light effort  Ice skating at a leisurely pace  Snowmobiling  Ice sailing | Downhill skiing—racing or with vigorous effort  Ice skating—fast pace or speedskating  Cross-country skiing  Sledding  Tobogganing  Playing ice hockey |
| Swimming—recreational  Treading water—slowly, moderate effort  Diving—springboard or platform  Aquatic aerobics  Waterskiing  Snorkeling  Surfing, board or body | Swimming—steady, paced laps  Synchronized swimming  Treading water—fast, vigorous effort  Water jogging  Water polo  Water basketball  Scuba diving |
| Canoeing or rowing a boat at less than 4 mph  Rafting—whitewater  Sailing—recreational or competition  Paddle boating  Kayaking—on a lake, calm water  Washing or waxing a powerboat or the hull of a sailboat | Canoeing or rowing—4 or more mph  Kayaking in whitewater rapids |
| Shoveling light snow | Shoveling heavy snow |
| Fishing while walking along a riverbank or while wading in a stream—wearing waders | ----------------------------- |
| Hunting deer, large or small game  Pheasant and grouse hunting  Hunting with a bow and arrow or crossbow—walking | ----------------------------- |
| Horseback riding—general  Saddling or grooming a horse | Horseback riding—trotting, galloping, jumping, or in competition  Playing polo |
| Playing on school playground equipment, moving about, swinging, or climbing  Playing hopscotch, 4-square, dodgeball, T-ball, or tetherball  Skateboarding | Skipping |
| Playing instruments while actively moving: playing in a marching band, playing guitar or drums in a rock band  Twirling a baton in a marching band  Singing while actively moving about—as on stage or in church | Playing a heavy musical instrument while actively running in a marching band |
| Gardening and yard work: raking the lawn, bagging grass or leaves, digging, hoeing, or weeding while standing or bending  Planting trees, trimming shrubs and trees, hauling branches, stacking wood  Pushing a power lawn mower or tiller | Gardening and yard work: digging ditches (more than 10 lbs. per minute), digging ditches, or carrying heavy loads  Felling trees, carrying large logs, swinging an axe, hand-splitting logs, or climbing and trimming trees  Pushing a non-motorized lawn mower |
| Moderate housework: scrubbing the floor or bathtub while on hands and knees, hanging laundry on a clothesline, sweeping an outdoor area, cleaning out the garage, washing windows, moving light furniture, packing or unpacking boxes, walking and putting household items away, carrying out heavy bags of trash or recyclables (e.g glass, newspapers, and plastics), or carrying water or firewood  General household tasks requiring considerable effort | Heavy housework: moving or pushing heavy furniture (75 lbs. or more), carrying household items weighing 25 lbs. or more up a flight of stairs or shoveling coal into a stove  Standing, walking, or walking down a flight of stairs while carrying objects weighing 50 lbs. or more |
| Putting groceries away—walking and carrying especially large or heavy items less than 50 lbs. | Carrying several heavy bags (25 lbs. or more) of groceries at one time up a flight of stairs  Grocery shopping while carrying young children *and* pushing a full grocery cart, or pushing two full grocery carts at once |
| Actively playing with young children—walking, running, or climbing while playing with children  Walking while carrying a child weighing less than 50 lbs.  Walking while pushing or pulling a child in a stroller or an adult in a wheelchair  Carrying a child weighing less than 25 lbs. up a flight of stairs  Child care: handling uncooperative young children (e.g. chasing, dressing, lifting into car seat) or handling several young children at one time  Bathing and dressing an adult | Vigorously playing with children—running longer distances or playing strenuous games with children  Racewalking or jogging while pushing a stroller designed for sport use  Carrying an adult or child weighing 25 lbs. or more up a flight of stairs  Standing or walking while carrying an adult or a child weighing 50 lbs. or more |
| Animal care: shoveling grain, feeding farm animals, or grooming animals  Playing with or training animals  Manually milking cows or hooking cows up to milking machines | Animal care: Forking bales of hay or straw, cleaning barns or stables, or carrying animals weighing over 50 lbs.  Handling or carrying heavy animal-related equipment or tack |
| Home repair—cleaning gutters, caulking refinished furniture, sanding floors with a power sander, or laying or removing carpet or tiles  General home construction work: roofing, painting inside or outside of the house, wall papering, scraping, plastering, sanding, or remodeling | Home repair or construction: very hard physical labor, standing walking while carrying heavy loads of 50 lbs. or more, taking loads of 25 lbs. or more up a flight of stairs or ladder (e-g., carrying roofing materials onto the roof), or concrete or masonry work |
| Outdoor carpentry, sawing wood with a power saw | Hand-sawing hardwoods |
| Automobile bodywork  Hand washing and waxing a car | Pushing a disabled car |
| Occupations that require extended periods of walking, pushing or pulling objects weighing less than 75 lbs., standing while lifting objects weighing less than 50 lbs., or carrying objects of less than 25 lbs. up a flight of stairs  Tasks frequently requiring moderate effort and considerable use of arms, legs, or occasional total body movements.  For example:   * Briskly walking on a level surface while carrying a suitcase or load weighing up to 50 lbs. * Maid service or cleaning services * Waiting tables or institutional dishwashing * Driving or maneuvering heavy vehicles (e.g. semi-truck, school bus, tractor, or harvester)—not fully automated and requiring extensive use of arms and legs * Operating heavy power tools (e.g. drills, and jackhammers) * Many homebuilding tasks (e.g. electrical work, plumbing, carpentry, dry wall, and painting) * Farming—feeding and grooming animals, milking cows, shoveling grain; picking fruit from trees, or picking vegetables * Packing boxes for shipping or moving * Assembly line work—tasks requiring movement of the entire body, arms, or legs with moderate effort * Mail carriers—walking while carrying a mailbag * Patient care—bathing, dressing, and moving patients or physical therapy | Occupations that require extensive periods of running, rapid movement, pushing or pulling objects weighing 75 lbs. or more, standing while lifting heavy objects of 50 obs. Or more, walking while carrying heavy objects of 25 lbs. or more  Tasks frequently requiring strenuous effort and extensive total body movements.  For example:   * Running up a flight of stairs while carrying a suitcase or load weighing 25 lbs. or more * Teaching a class or skill requiring active and strenuous participation such as aerobics or physical education instructor * Firefighting * Masonry and heavy construction work * Coal mining * Manually shoveling or digging ditches * Using heavy non-powered tools * Most forestry work * Farming—forking straw, baling hay, cleaning barn, or poultry work * Moving items professionally * Loading and unloading a truck |

**Source:** U.S. Department of Health and Human Services, Public Health Service, Centers for Disease Control and Prevention., National Center for Chronic Disease Prevention and Health Promotion, Division of Nutrition and Physical Activity. *Promoting Physical Activity: A Guide for Community Action.* Champaign, IL: Human Kinetics, 1999. (Table adapted from Ainsworth BE, Haskell WL, Leon AS, et al. Compendium of Physical Activities: Classification of energy costs of human physical activities. *Medicine and Science in Sports and Exercise* 1993; 25(1): 71-80. Adapted with technical assistance from Dr. Barbara Ainsworth.)

The activity levels portrayed in this chart are most applicable to men aged 30 to 50 years and women aged 20 to 40 years. For older individuals, the classification of activity intensity might be higher. For example, what is moderate intensity to a 40-year-old mand might be vigorous for a man in his 70s. Intensity is a subjective classification.

More information about physical activity guidelines for people of all ages and abilities can be found at: <https://www.cdc.gov/physicalactivity/basics/index.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fphysicalactivity%2Feveryone%2Fguidelines%2Findex.html>