

Examples of Physical Activities by Intensity[#]

Light Activity+ less than 3.0 METS* (less than 3.5 calories per minute)	Moderate Activity+ less 3.0-6.0 METS* (3.5 – 7 calories per minute)	Vigorous Activity+ greater than 6.0 METS* (more than 7 calories per minute)
Casual Walking	Brisk walking (3 - 4.5 mph) Walking uphill	Race walking (more than 4.5 mph) Jogging/Running
Bicycling less than 5 mph	Hiking Roller skating at leisurely pace Bicycling 5-9 mph Low impact aerobics Aqua aerobics	Wheeling a wheelchair Mountain climbing Backpacking Fast pace in-line skating Bicycling more than 10 mph High impact aerobics Step aerobics
Stretching	Light calisthenics	Vigorous calisthenics
Sitting	Yoga Gymnastics Jumping on a trampoline	Karate, judo, tae kwon do, jujitsu Jumping rope, jumping jacks
Light weight training	Weight training	Circuit weight training
Dancing slowly	Moderate dancing Boxing—punching bag Most aerobic machines (e.g., stair climber, elliptical, stationary bike)—moderate pace	Vigorous dancing Boxing—sparring Most aerobic machines (e.g., stair climber, elliptical, stationary bike)—vigorous pace
Leisurely sports (table tennis, playing catch)	Competitive tennis, volleyball, badminton, diving	Competitive basketball, soccer, football, rugby, kickball, hockey, lacrosse
Floating	Recreational swimming	
Boating	Canoeing	Swimming laps or synchronized swimming
Fishing	Horseback riding	Treading water
Golf—using cart	Golf—carrying clubs	Water jogging
Light yard/house work	Housework that involves intense scrubbing/cleaning Shoveling snow Carrying a child weighing more than 50 pounds	Water polo Downhill or cross country skiing Pushing non-motorized lawnmower
Occupations requiring extended periods of sitting	Occupations that require an extended amount of time standing or walking	Occupations that require heavy lifting or rapid movement

Source: U.S. Department of Health and Human Services. (1999). *Promoting physical activity*. Champaign, IL: Human Kinetics.

[#] Information in accordance with CDC and ACSM guidelines

* The ratio of exercise metabolic rate to resting metabolic rate. One MET is defined as the energy expenditure for sitting quietly, which, for the average adult, approximates 3.5 ml of oxygen uptake per kilogram of body weight per minute (1.2kcal/min for a 70-kg individual). For example, a 2-MET activity requires two times the metabolic energy expenditure of sitting quietly.

+ Intensity level for an average person, defined here as 70 kg or 154 lbs. The activity intensity levels portrayed in this chart are most applicable to men aged 30 to 50 years and women aged 20 to 40 years. Intensity is a subjective classification. For example, what is vigorous intensity for a moderately fit individual might be moderate intensity for a highly fit individual.