

H3-1 Determining Activity Intensity Levels

The total recommended duration of an exercise or activity depends on its level of intensity. Compare similar activities across three levels of intensity to give yourself some guidelines in assessing the intensity of the activities you choose to undertake.

Light activity (less than 3.5 kcal/min)*	Moderate activity (3.5 to 7 kcal/min)*	Vigorous activity (more than 7 kcal/min)*
Casual walking or window shopping	Using crutches or hiking	Jogging or backpacking
Playing catch with a football or baseball	Basketball—shooting baskets	Basketball game
Swimming—floating	Swimming recreationally or slowly treading water	Swimming—steady, paced laps
Using a snowblower	Shoveling light snow	Shoveling heavy snow
Stretching exercises (slow warm-up)	Yoga or light calisthenics	Jumping rope or karate
Very slow ballroom dancing	Line dancing	Energetic square dancing
Table tennis—leisurely	Table tennis—competitive or doubles tennis	Tennis (singles) or wheelchair tennis
Volleyball—recreational	Volleyball—competitive	Beach volleyball (sand court)
Boating—powerboat	Kayaking on a lake, calm water	Kayaking in whitewater rapids
Gardening and yard work—weeding while sitting or kneeling	Gardening and yard work—raking the lawn	Gardening and yard work—heavy or rapid shoveling

* For an average person, defined here as 154 pounds. These activity intensity levels are most applicable for men aged 30 to 50 years and women aged 20 to 40 years.

Source: CDC Division of Nutrition and Physical Activity. 1999. *Promoting Physical Activity: A Guide for Community Action*. Champaign, Ill.: Human Kinetics.