

Types of Physical Activity by Intensity

Type of Physical Activity	Examples
<p>Light</p> <ul style="list-style-type: none"> • No change in breathing pattern • RPE = 1 to about 3 	<ul style="list-style-type: none"> • Slow walking • Slow bike riding • Light housework (e.g., dusting, light sweeping, dish washing) • Bowling • Light gardening • Very easy resistance exercises using assistive machines, easy bands, or body weight only; able to do >15 repetitions easily • Stretching exercise • Gentle or chair yoga
<p>Moderate Exercise</p> <ul style="list-style-type: none"> • Slight increase in breathing, can still talk easily • RPE = 3 to about 5 	<ul style="list-style-type: none"> • Brisk walking • Bike riding more rapidly or with some hills • Ball sports such as volleyball, softball, or tennis • Water aerobics • Standard Yoga • General gardening • Ballroom dancing • Resistance training with 10–12 repetitions per set
<p>Vigorous Exercise</p> <ul style="list-style-type: none"> • Can say some words, but hard to talk • RPE = around 5 to about 7 	<ul style="list-style-type: none"> • Running, jogging, race walking • Biking faster than 10 miles/hour • Dancing (aerobic or faster than ballroom) • Hiking • Running Ball Sports such as soccer or basketball • Stair climbing • Resistance exercise with more than 10–12 repetitions per set