# Types of Physical Activity by Intensity

<table>
<thead>
<tr>
<th>Type of Physical Activity</th>
<th>Examples</th>
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</table>
| **Light**                 | • 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 |
| **Moderate Exercise**     | • 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 |
| **Vigorous Exercise**     | • 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 |