









## Physical Activity Table

<p><b>Sedentary</b></p> <p>To not moving, working at a desk, lying down, and sleeping.</p>	<p><b>Light Activity</b></p> <p>Moving but you don't feel change in your heart rate or breathing pattern; you are able to carry a conversation or sing; you don't break a sweat. E.g.: cleaning, carrying out rubbish, yoga</p>	<p><b>Moderate Activity</b></p> <p>This activity feels somewhat hard; your breathing and heart rate quicken; you are still able to speak but could not sing; you start sweating after about ten minutes of this activity. E.g.: Walking, cycling, shopping</p>	<p><b>Vigorous Activity</b></p> <p>This activity is a challenge; your breathing becomes rapid and deep; you are only able to say a few words at a time; you start sweating almost immediately. E.g.: Playing football, dancing, swimming</p>
			
 <p>Heart rate    Respiratory rate    Energy consumption</p>	 <p>Heart rate    Respiratory rate    Energy consumption</p>	 <p>Heart rate    Respiratory rate    Energy consumption</p>	 <p>Heart rate    Respiratory rate    Energy consumption</p>

Adapted version.

**Source:** [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officers-physical-activity-guidelines.pdf)