Physical Activity Table

Sedentary

To not moving, working at a desk, lying down, and sleeping.

Light Activity

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,

Moderate Activity

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.:

Vigorous Activity

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,









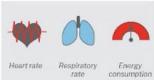












Adapted version.

Source: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832868/uk-chief-medical-officersphysical-activity-guidelines.pdf