



# Activity Levels

## Welcome to ActiveTrac!

We're delighted you and your family have made the decision to be more active! Physical activity strengthens our hearts, prevents illness and improves our moods.

Children need one hour of physical activity a day and adults need 150 minutes a week, according to the American College of Sports Medicine. The good news is you don't have to get your activity all at once. It's okay to break it down into smaller increments throughout the day. Try 10 minutes here and 10 minutes there – it all adds up!

*If you're not already active, it can take effort and time adjusting to a new lifestyle. Talk to your primary care provider before beginning a new physical activity program.*

## How to measure your intensity level

Whether an activity is moderate or vigorous depends on how intensely you perform the activity. Many of the activities listed on the next page could fall into either category. If you are unsure or an activity is not listed, use this guide to help you gauge your intensity level:

**Moderate activity** The talk test is a simple way to measure intensity. You should be able to talk, but not sing.

**Vigorous activity** You will not be able to say more than a few words without pausing for a breath.

**See the tables on the next page for examples of moderate and vigorous activities as well as related mileage conversions!**



**Goshen Health**

# Moderate

Activity performed at a moderate level may result in light sweating, increased heart rate and difficulty in carrying on a conversation.

## Examples

- Bocce ball
- Cleaning
- Croquet
- Dancing
- Frisbee
- Gardening
- Golf-with no cart
- Jumping on a trampoline
- Kayaking
- Leisure biking
- Leisure roller skating
- Leisure swimming
- Paddle boarding
- Playing at the park
- Playing catch
- Push mowing
- Raking leaves
- Shooting baskets
- Shoveling snow
- Walking
- Washing the car
- Water aerobics
- Weight training
- Yoga

## Mile equivalency for ActiveTrac

20 minutes =  
1 mile



# Vigorous

Activity performed at a vigorous level takes a large amount of effort and may result in a very high heart rate and rapid/difficulty in breathing.

## Examples

- Boxing
- Chopping wood
- Competitive dance
- Competitive sports – *basketball, soccer, volleyball, tennis, wrestling*
- Cross country skiing
- Digging or raking continuously
- Exercise class – *kickboxing, spinning, step aerobics, etc.*
- Hiking uphill
- Jumping jacks, push ups, pull ups
- Jump rope
- Martial arts
- Power walking
- Rowing
- Running
- Speedskating
- Swimming laps
- Water jogging

## Mile equivalency for ActiveTrac

20 minutes =  
2 miles

