



## What is Moderate Physical Activity?

### Moderate-intensity physical activity

Moderate-intensity physical activity refers to a level of effort in which a person should experience:

- Some increase in breathing or heart rate
- a "perceived exertion" of 11 to 14 on the [Borg scale](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/perceived_exertion.htm) ([http://www.cdc.gov/nccdphp/dnpa/physical/measuring/perceived\\_exertion.htm](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/perceived_exertion.htm))
  - the effort a healthy individual might expend while walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain, for example.
- 3 to 6 [metabolic equivalents \(METs\)](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/met.htm) (<http://www.cdc.gov/nccdphp/dnpa/physical/measuring/met.htm>); or
- any activity that burns 3.5 to 7 Calories per minute (kcal/min)

## What is Vigorous Physical Activity?

### Vigorous-intensity physical activity

Vigorous-intensity physical activity may be intense enough to represent a substantial challenge to an individual and refers to a level of effort in which a person should experience:

- large increase in breathing or heart rate (conversation is difficult or "broken")
- a "perceived exertion" of 15 or greater on the [Borg scale](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/perceived_exertion.htm) ([http://www.cdc.gov/nccdphp/dnpa/physical/measuring/perceived\\_exertion.htm](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/perceived_exertion.htm));
  - the effort a healthy individual might expend while jogging, mowing the lawn with a nonmotorized pushmower, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill, carrying more than 25 lbs up a flight of stairs, standing or walking with more than 50 lbs for example.
- greater than 6 [metabolic equivalents \(METs\)](http://www.cdc.gov/nccdphp/dnpa/physical/measuring/met.htm) (<http://www.cdc.gov/nccdphp/dnpa/physical/measuring/met.htm>); or
- any activity that burns more than 7 kcal/ min