



What is Your Activity Level?

Take a few minutes and do this simple assessment of your activity levels.
Do not postpone! Take this assessment now!

ACTIVITY LEVEL	CHARACTERISTICS	LIFESTYLE ACTIVITIES
Very Sedentary <i>(Very Light)</i>	<ul style="list-style-type: none"> • <50% of maximum heart rate • Minimal exercise – only that required for daily living 	Seated and standing activities, painting Trades, driving, laboratory work, typing, sewing, ironing, cooking, playing cards, playing a musical instrument
Low Physical Activity <i>(Light)</i>	<ul style="list-style-type: none"> • 3.0 METS or 4 Kcal/min • 50-60% of maximum heart rate • Walk 2.5 mph (24 minutes/mile), 5 or more days a week. 	Garage work, electrical trades, carpentry, restaurant trades, house cleaning, childcare, golf, sailing, table tennis
Moderate Physical Activity <i>(Moderate)</i>	<ul style="list-style-type: none"> • 3.0-6.0 METS or • 4-7 Kcal/min • 70-85% of maximal heart rate • Brisk walk of 4.0 mph (15 min/mile), 3 or more days/week 	Weeding and hoeing, carrying a load, cycling, skiing, tennis, dancing.
High Physical Activity <i>(Heavy)</i>	<ul style="list-style-type: none"> • >6.0 METS or • >7 Kcal/min • >85% maximal heart rate • Run 6.0 mph (10 Minutes/mile), 3 days/week 	Walking with load up hill, tree falling, heavy manual digging, basketball, climbing, football, and soccer

For more information on physical activity for a healthier lifestyle, contact your local **Health and Wellness Center (HAWC)**.

Shape Your Future... Your Weigh!™