



## Moderate-to-Vigorous Physical Activity



We all know physical activity is important for the body. What does it mean when you hear moderate to vigorous physical activity? Moderate-to-vigorous exercises are more intense for the muscles, but benefit the body in a good way!

- A **moderate-intensity** activity makes your heart beat faster and breathe noticeably harder than when you're at rest or sitting.
- A **vigorous-intensity** activity is more intense on your body because your breathing is much faster and harder, heart beat increases, cheeks start to turn red, body starts to feel warm, and sweat starts to form.
- Engage in moderate-to-vigorous activities **three times a week** for **60 minutes**. This type of intense activity helps lower body fat and strengthen muscles and bones.



So, how do you know if your physical activity is moderate or vigorous? Let's think about it from the scenario below.

### Scenario:

For example, when you walk to school with friends each morning you're probably doing a moderate-intensity activity. But while at school, when you run, or by playing tag during recess, you're most likely doing a vigorous-intensity activity.



**Keep in mind:** On a scale of 0 to 10, where sitting is a 0 and the highest level of activity is a 10. Moderate-intensity activity is a 5 or 6. Vigorous-intensity activity is a level 7 or higher.





## Examples of Moderate to Vigorous Activities

### *Moderate-intensity activities:*

- Brisk walking (at least 2.5 miles per hour)
- Dancing, skipping, jumping
- Gardening
- Biking slower than 10 miles per hour



### *Vigorous-intensity activities:*

- Hiking uphill or with a heavy backpack
- Running
- Organized sports (basketball, soccer, football)
- Aerobic dancing
- Heavy yardwork like continuous digging
- Cycling (10 miles per hour or faster)
- Jumping rope



**Have you done any of these activities this week?**