Physical Activity

Vigorous Physical Activity at Work

Examples for vigorous activities at WORK

VIGOROUS Intensity Activities
Make you breathe much harder than normal
Other examples for VIGOROUS activities at WORK

- Forestry (cutting, chopping, carrying wood)
- Sawing hardwood
- Ploughing
- Cutting crops (sugar cane)
- Gardening (digging)
- Grinding (with pestle)
- Labouring (shovelling sand)
- Loading furniture (stoves, fridge)
- Instructing spinning (fitness)
- Instructing sports aerobics
- Sorting postal parcels (fast pace)
- Cycle rickshaw driving

Moderate Physical Activity at Work

Examples for MODERATE activities at work

MODERATE Intensity Activities

Make you breathe somewhat harder than normal
Other examples for MODERATE activities at WORK

- Cleaning (vacuuming, mopping, polishing, scrubbing, sweeping, ironing)
- Washing (beating and brushing carpets, wringing clothes (by hand)
- Gardening
- Milking cows (by hand)
- Planting and harvesting crops
- Digging dry soil (with spade)
- Weaving
- Woodwork (chiselling, sawing softwood)
- Mixing cement (with shovel)
- Labouring (pushing loaded wheelbarrow, operating jackhammer)
- Walking with load on head
- Drawing water
- Tending animals

Vigorous Physical Activity during Leisure Time

Examples for VIGOROUS activities during LEISURE TIME

**VIGOROUS Intensity Activities**
Make you breathe much harder than normal

- Soccer
- Rugby
- Tennis
- High-impact aerobics
- Aqua aerobics
- Ballet dancing
- Fast swimming
Moderate Physical Activity during Leisure Time

MODERATE Intensity Activities
Make you breathe somewhat harder than normal

- Cycling
- Jogging
- Dancing
- Horse-riding
- Tai chi
- Yoga
- Pilates
- Low-impact aerobics
- Cricket