

INTENSITY OF DIFFERENT ACTIVITIES

Examples of Common Physical Activities for Healthy Adults by Intensity of Effort Required

<u>Light</u>	<u>Moderate</u>	<u>Heavy/Vigorous</u>
Walking, slowly	Walking, briskly	Walking, briskly uphill
Cycling, stationary	Cycling, pleasure	Cycling, fast
Swimming, slow treading	Swimming, moderate	Swimming, fast treading
Calisthenics, stretching	Calisthenics, general	Calisthenics, aerobic dance
	Racket sports (leisure)	Racket sports (competitive)
Golf, power cart	Golf, pulling/carrying clubs	
Bowling		
Fishing, sitting	Fishing, standing/casting	Fishing in stream
Boating, power	Canoeing, leisure	Canoeing, rapid (> 4 mph)
Home care, sweeping/vacuuming	Home care, general cleaning	Moving furniture
Mowing lawn, riding mower	Mowing, power mower	Mowing, hand mower
Home repair, carpentry	Home repair, painting	

You can also rate your level of exertion by PERCEIVED EFFORT:

Borg Scale for Rating Perceived Exertion

<u>15-Grade Scale</u>		<u>10-Grade Scale</u>	
6		0	Nothing
7	Very, very light	0.5	Very, very weak (just noticeable)
8		1	Very weak
9	Very light	2	Weak (light)
10		3	Moderate
11	Fairly light	4	Somewhat strong
12		5	Strong (heavy)
13	Somewhat hard	6	
14		7	Very strong
15	Hard	8	
16		9	
17	Very Hard	10	Very, very strong (almost maximum)
18			
19	Very, very hard		Maximum
20			

Using the 15 Grade Borg Scale, Levels 6 through to 12 can be considered as LOW INTENSITY, Levels 13 through to 15 as MODERATE INTENSITY and Levels 16 through to 20 as VIGOROUS INTENSITY.

HEART RATE

Exercise intensity can be calculated according to your heart rate. Estimation is by various methods; for example a given percentage of your maximum (MHR), where your maximum is taken as 220 minus your age in years.

However this is rather inaccurate. Other formulas are available to calculate intensity, such as the Karvonen Formula: First, calculate the MHR. Women subtract their age from 220 and men subtract one-half their age from 205. The second step is to determine the resting heart rate (RHR). Third, calculate the HRR. The HRR is MHR minus RHR. Lastly, the THR is the product of training intensity (TI), generally 60% to 80%, multiplied by the HRR then adding the RHR.

$$[\text{THR} = (\text{MHR} - \text{RHR}) \times \% \text{TI} + \text{RHR}]$$

A much better way of calculating your appropriate heart rate levels is to perform an exercise test, where we record your response to exercise at progressively harder work intensities. We also measure your OXYGEN UPTAKE (VO₂), which is a measure of your fitness.