

Movement intensity – how hard should it be?

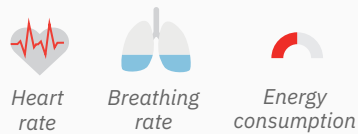
Sedentary

To not moving,
working at a desk



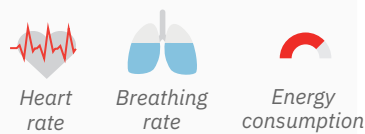
Light

Cleaning, carrying
out rubbish, yoga



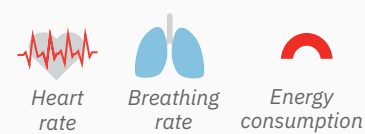
Moderate

Walking, cycling,
shopping



Vigorous

Playing football,
dancing, swimming



Very Vigorous

Sprinting up hills, weight
exercises, pressups

