



SENIOR-FRIENDLY EXERCISE INTENSITY RATINGS

from the Compendium of Physical Activities



Light exercise

Light gardening 2.3



General cleaning & straightening up 2.5



Washing dishes, clearing the table 2.5



Putting away groceries 2.5



Walking 2.0 mph (strolling) 2.8



Moderate exercise

Slow dancing 3.0



Cleaning mirrors, windows 3.2



Sweeping, vacuuming 3.3



Stationary bike <50 watts 3.5



Resistance exercises 3.5



Walking 3.0 mph 3.5



Gardening, weeding 4.0



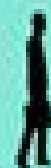
Multiple household tasks at once with vigorous effort 4.3



Walking 3.5 mph* 4.3



Salsa or swing dancing 4.5



Walking with a light (15 lb) load 5.0



Walking 3.0 mph at 3-5% grade (uphill) 5.3



Mowing the lawn 5.5

*Energy ratings are based on METs (metabolic equivalent). Light exercise is less than 3.0 METs. Moderate exercise is 3.0-5.9 METs. Vigorous exercise is 6.0 METs and above.

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Peipei Pang



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Table of Contents Funcionalpage16

1. Understanding the eBook Funcionalpage16
 - The Rise of Digital Reading Funcionalpage16
 - Advantages of eBooks Over Traditional Books
2. Identifying Funcionalpage16
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Funcionalpage16
 - User-Friendly Interface
4. Exploring eBook Recommendations from Funcionalpage16
 - Personalized Recommendations
 - Funcionalpage16 User Reviews and Ratings
 - Funcionalpage16 and Bestseller Lists
5. Accessing Funcionalpage16 Free and Paid eBooks
 - Funcionalpage16 Public Domain eBooks
 - Funcionalpage16 eBook Subscription Services
 - Funcionalpage16 Budget-Friendly Options
6. Navigating Funcionalpage16 eBook Formats

- ePub, PDF, MOBI, and More
- Funcionalpage16 Compatibility with Devices
- Funcionalpage16 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Funcionalpage16
 - Highlighting and Note-Taking Funcionalpage16
 - Interactive Elements Funcionalpage16
- 8. Staying Engaged with Funcionalpage16
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Funcionalpage16
- 9. Balancing eBooks and Physical Books Funcionalpage16
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Funcionalpage16
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Funcionalpage16
 - Setting Reading Goals Funcionalpage16
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Funcionalpage16
 - Fact-Checking eBook Content of Funcionalpage16
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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