



## 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



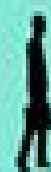
Multiple household tasks at once with vigorous effort 4.3



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.

# Funcionalpage16

**J Ma**



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