Physical activity intensity

Did you know that we can be physically active at different intensities? Think of activity intensity like a scale.

Light intensity

Moderate intensity

Vigorous intensity

Light intensity activity is when you're active without thinking about it, such as when you're strolling around the garden, getting dressed or stretching.

Moderate intensity activity is when you are putting in some effort, but it is not strenuous, such as bike riding or going for a brisk walk.

Vigorous intensity activity is when you are out of breath and sweating, such as jogging, star jumping or doing sit ups.

Intensity of different activities will depend on individual fitness levels. A quick and easy way to measure the intensity of your activity is the 'talk test'. If it's difficult to talk while doing an activity, it's vigorous intensity.