



Let's Get Physical

# How Active Are You?

Circle all the activities you are currently doing. Is your activity level generally light, moderate, or vigorous? (Choose the level with the most circled activities.)

Light Activity Feels easy, such as slow walking	Moderate Activity Feels like fast walking, break a sweat but easy to talk	Vigorous Activity Feels like running, hard to talk, heavy breathing
Slow walking	Brisk walking	Running, fast stair climbing, rock climbing
Slow dancing	Moderate dancing: rock, funk, ballroom, ballet	Aerobic or fast dancing: hip-hop, jazz
Shooting hoops	Basketball drill, such as lay-ups	Basketball game
Tossing a Frisbee	Playing hackysack	Ultimate Frisbee
Fixing a skateboard	Skateboarding, skating	Roller hockey
Slow bike riding	Moderate bike riding, off-road bike riding but not up hill, distance riding	Bike riding fast uphill, mountain biking in hills, bike racing
Stretching, yoga	Weight training, gymnastics, martial arts	Circuit weight training, running stairs
Table tennis, bowling, playing pool	Volleyball, badminton, tennis, softball, baseball	Soccer, football, hockey, racquetball
Throwing snowballs	Downhill skiing, freestyle skiing	Cross-country skiing
Platform or board diving, floating in a pool	Suring, windsurfing, snorkeling, scuba diving, lap swimming, pool volleyball	Fast swimming or racing, water polo
Fishing, camping	Fly-fishing, hunting, horseback riding, fast hike	Backpacking, hauling gear up a hill
Light housework: washing dishes, cooking	Moderate housework: sweeping, vacuuming, mopping, painting	Heavy housework: scrubbing walls
Light yard work: weeding, watering	Moderate yard work; mowing, raking	Heavy yard work: digging and shoveling, hoeing, chopping wood

**Physical Activity is any bodily movement produced by skeletal muscles resulting in energy expenditure.** (Dietary Guidelines 2005)

Reference: Adapted from Jump Start Teen, California Project Lean