

INTENSITY OF PHYSICAL ACTIVITY AND EXERCISE



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Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous and add up to at least 30 minutes a day.

Intensity of exercise can be measured by various means and simplest is by talk test, when you are walking at mild activity level, you can sing a song, and at moderate you can just talk and at vigorous level of activity you can hardly talk even.

So for good effect on your heart and lungs it has to be moderate to vigorous activity. So your routine household chores done at mild activity level don't give you any health benefits.

Moderate physical activities include:

Walking briskly (about 3 ½ miles per hour)

Hiking

Gardening/yard work

Dancing

Golf (walking and carrying clubs)

Bicycling (less than 10 miles per hour)

Weight training (general light workout)

Vigorous physical activities include:

Running/jogging (5 miles per hour)

Bicycling (more than 10 miles per hour)

Swimming (freestyle laps)

Aerobics

Walking very fast (4 ½ miles per hour)

Heavy yard work, such as chopping wood

Weight lifting (vigorous effort)

Basketball (competitive)

Some physical activities are not intense enough to help you meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores

How to measure intensity of exercise?

There are various means and methods of finding what your intensity of exercise is. Just to innumerate:

Talk test

Targeted heart rate test.

Borg test of self perceived exertion(SPE)

MET test

[Click here for more information.](#)

So exercise should be at moderate to vigorous pace and you can do Banking of exercise, this means bouts of 10 min of vigorous or moderate activity can be done at different times and can be added in activity schedule of whole day.

So remain active and be on the MOVE!

FIND AN EXCUSE TO MOVE YOUR BODY RATHER THAN SITTING IDLY WITH A REMOTE IN YOUR HAND!