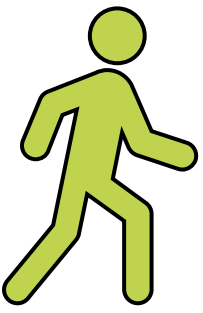
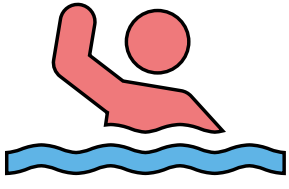


# Examples of moderate physical activity

Moderate Activity - I can talk while I do them but struggle to sing



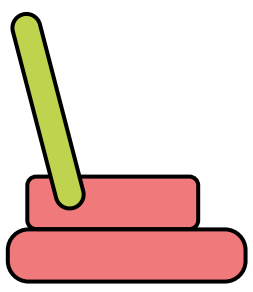
Walking fast



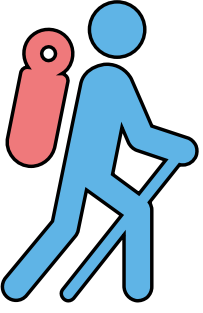
Water aerobics



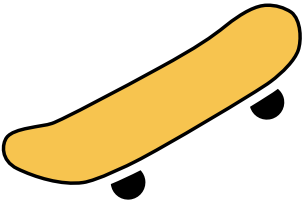
Riding a bike on level ground



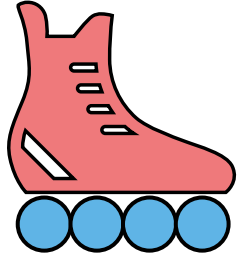
Pushing a lawn mower



Hiking



Skateboarding



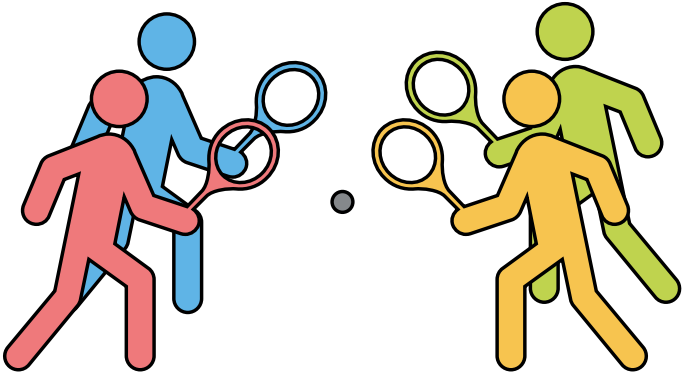
Rollerblading



Volleyball



Basketball


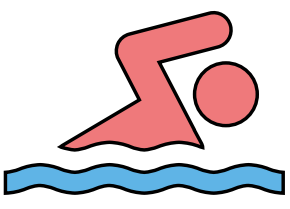

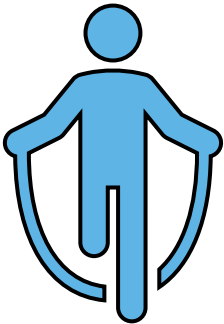




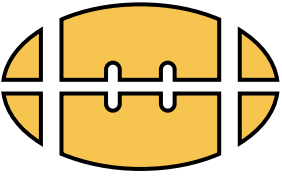
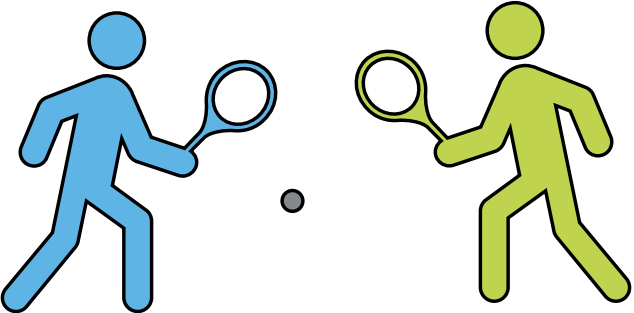
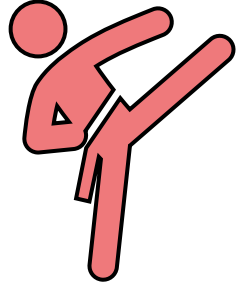


Doubles tennis

Adults and older adults should do at least 150 minutes of moderate-intensity physical activity throughout the week.

# Examples of vigorous physical activity

Vigorous Activity - I struggle to talk while I do them. I cant sing

 <p>Jogging or running</p>	 <p>Swimming fast</p>	 <p>Riding a bike fast or on hills</p>	 <p>Skipping rope</p>
 <p>Hockey</p>	 <p>Aerobics</p>	 <p>Gymnastics</p>	 <p>Football</p>
 <p>rugby</p>	 <p>Single tennis</p>		 <p>Martial arts</p>

Adults and older adults should do at least 75 minutes of vigorous-intensity physical activity throughout the week.