

Examples of Moderate Amounts of Physical Activity*

Common Chores

Washing and waxing a car for 45–60 minutes

Washing windows or floors for 45–60 minutes

Gardening for 30–45 minutes

Wheeling self in wheelchair for 30–40 minutes

Pushing a stroller 1½ miles in 30 minutes

Raking leaves for 30 minutes

Walking 2 miles in 30 minutes (15 min/mile)

Shoveling snow for 15 minutes

Stairwalking for 15 minutes

Sporting Activities

Playing volleyball for 45–60 minutes

Playing touch football for 45 minutes

Walking 1¾ miles in 35 minutes (20 min/mile)

Basketball (shooting baskets) for 30 minutes

Bicycling 5 miles in 30 minutes

Dancing fast (social) for 30 minutes

Water aerobics for 30 minutes

Swimming laps for 20 minutes

Basketball (playing a game) for 15–20 minutes

Jumping rope for 15 minutes

Running 1½ miles in 15 minutes (15 min/mile)

Less
Vigorous,
More Time†



More
Vigorous,
Less Time

* A moderate amount of physical activity is roughly equivalent to physical activity that uses approximately 150 calories of energy per day, or 1,000 calories per week.

† Some activities can be performed at various intensities; the suggested durations correspond to expected intensity of effort.