

Physical Activity

RPE Chart

Numerical Rating	Subjective Rating	Sample Activities
0	Nothing at all	Sitting still, reading
1	Very Light	
2	Light	Standing in line, taking a leisurely stroll
3		
4	Light/Moderate	
5	Moderate	Walking at a moderate pace, gardening
6		
7	Hard	Jogging briskly, cycling over rolling hills
8	Very Hard	
9		
10	Extremely Hard	Sprinting up a steep hill

What is meant by 'Regular' Physical Activity?

A pattern of physical activity is regular if activities are performed:

- Most days of the week, preferably daily
- 5 or more days of the week if moderate-intensity activities are chosen, or
- 3 or more days of the week if vigorous-intensity activities are chosen

What is 'Moderate-Intensity' Physical Activity?

A moderate-intensity activity refers to a level of effort equivalent to:

- A 'perceived exertion' of 5 to 7 on the Borg scale
- 3 to 6 metabolic equivalents (METs), any activity that burns 3.5 to 7 kilocalories per minute (kcal/min), or
- The effort a healthy individual might expend while walking briskly, mowing the lawn, dancing, swimming or bicycling on level terrain, e.g. or you puff, you get warm and you can feel your heart working harder than before you started

What is 'Vigorous-intensity' Physical Activity?

A vigorous-intensity activity refers to the level of effort any one activity requires that is equivalent to:

- A 'perceived exertion' of 8 or greater on the Borg scale
- Greater than 6 metabolic equivalents (METs), any activity that burns more than 7 kcal/min, or
- The effort a healthy individual might expend while jogging, mowing the lawn with a non-motorised pushmower, chopping wood, participating in high-impact aerobic dancing, swimming continuous laps, or bicycling uphill, for example