

What Intensity?

Select the intensity for your GRx patient from this table.

	Self Care or Home	Recreational	Physical Conditioning
Very Light 3 mets 17 kj	<ul style="list-style-type: none"> Washing, shaving, dressing Desk work, writing Washing dishes Driving car 	<ul style="list-style-type: none"> Indoor bowls Billiards Archery# Golf (with buggy) 	<ul style="list-style-type: none"> Walking (level, 3 kph) Stationary bicycle (very low resistance) Very light exercises
Light 3-5 mets 17-25 kj	<ul style="list-style-type: none"> Cleaning windows Sweeping Weeding Power lawn mowing Waxing floors (slowly) Painting Carrying objects (8- 14 kg) 	<ul style="list-style-type: none"> Dancing (social and square) Golf (walking) Sailing Horse riding Volleyball (6 man) Tennis (doubles) Bowls 	<ul style="list-style-type: none"> Walking (3-5kph) Level bicycling (10-13kph) Light exercises
Moderate 5-7 mets 25-33 kj	<ul style="list-style-type: none"> Easy digging in the garden Level hand lawn mowing Climbing stairs (slowly) Carrying objects (14-27 kg) <p>if you can do this...</p>	<ul style="list-style-type: none"> Badminton (competitive) Tennis (singles) Snow skiing (downhill) Light backpacking Netball or soccer Skating (ice and roller) Horse riding (gallop) <p>you can do this...</p>	<ul style="list-style-type: none"> Walking (5-7 kph) Bicycling Swimming (breast stroke) <p>or this...</p>

MET (Metabolic Energy Equivalent) a measure of average oxygen consumption at rest= 3.5 ml/kg/min of O₂

Kj (kilojoule) a standard measure of work or energy

may produce disproportionate myocardial demands because of arms or isometric exercise

Source:
Heart Foundation of Australia. Guide to Exercise and Activity Levels