

# What Intensity?

Select the intensity for your GRx patient from this table.

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

MET (Metabolic Energy Equivalent) a measure of average oxygen consumption at rest= 3.5 ml/kg/min of O<sub>2</sub>

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