# What Intensity?

Select the intensity for your GRx patient from this table.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Self Care or Home** | **Recreational** | **Physical Conditioning** |
| **Very Light**3 mets17 kj | * Washing, shaving, dressing
* Desk work, writing
* Washing dishes
* Driving car
 | * Indoor bowls
* Billiards
* Archery#
* Golf (with buggy)
 | * Walking (level, 3 kph)
* Stationary bicycle (very low resistance)
* Very light exercises
 |
| **Light**3–5 mets17–25 kj | * Cleaning windows
* Sweeping
* Weeding
* Power lawn mowing
* Waxing floors (slowly)
* Painting
* Carrying objects (8–14 kg)
 | * Dancing (social and square)
* Golf (walking)
* Sailing
* Horse riding
* Volleyball (6 man)
* Tennis (doubles)
* Bowls
 | * Walking (3–5 kph)
* Level bicycling (10–13 kph)
* Light exercises
 |
| **Moderate**5–7 mets25–33 kj | * Easy digging in the garden
* Level hand lawn mowing
* Climbing stairs (slowly)
* Carrying objects (14–27 kg)
 | * Badminton (competitive)
* Tennis (singles)
* Snow skiing (downhill)
* Light backpacking
* Netball or soccer
* Skating (ice and roller)
* Horsing riding (gallop)
 | * Walking (5–7 kph)
* Bicycling
* Swimming (breast stroke)
 |
|  | if you can do this … | you can do this … | or this … |

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



www.health.govt.nz/greenprescription