# What Intensity?

Select the intensity for your GRx patient from this table.

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| --- | --- | --- | --- |
|  | **Self Care or Home** | **Recreational** | **Physical Conditioning** |
| **Very Light** 3 mets 17 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 mets 17–25 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 mets 25–33 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