Vigorous Physical Activity at Work

Examples for vigorous activities at WORK

VIGOROUS Intensity Activities
Make you breathe much harder than normal

- Gardening (digging)
- Steel worker (molten steel)
- Fitness instructor (spinning, aerobics)
- Forestry (cutting, chopping, carrying wood)
- Firefighter (in action)

Picture credit: original version of the GPAQ (WHO) and www.pixelio.de.
Moderate Physical Activity at Work

Examples for MODERATE activities at work

**MODERATE Intensity Activities**
Make you breathe *somewhat* harder than normal

- Working on the assembly line (industry)
- Mining (coal mining)
- Farming (tending animals, planting and harvesting crops)
- Mixing cement (with shovel)
- Stewardess (pushing carts)
- Labouring (pushing loaded wheelbarrow, operating jackhammer)

Other examples for MODERATE activities at work

Picture credit: original version of the GPAQ (WHO) and www.pixelio.de.
Vigorous Physical Activity during Leisure Time

VIGOROUS Intensity Activities
Make you breathe much harder than normal

Examples for VIGOROUS activities during LEISURE TIME

Other examples for VIGOROUS activities during LEISURE TIME
- Tennis
- Aqua aerobics
- Ballet dancing
- Ice hockey
- Show jumping
- Football
- Boxing
- Judo/ Karate
- Squash
- Rock climbing
- Rugby

Picture credit: original version of the GPAQ (WHO).
Moderate Physical Activity during Leisure Time

Examples for MODERATE activities during LEISURE TIME

MODERATE Intensity Activities

Make you breathe somewhat harder than normal

- Jogging
- Cycling
- Dancing
- Table tennis
- Golf
- Bowling
- Pilates
- Tai chi

Picture credit: original version of the GPAQ (WHO) and www.pixelio.de.