

MINIMUM EXERCISE GOALS

⇒ Week 1-2: **30 minutes** on 3 days this week
(10 minutes of vigorous intensity 1 day)

⇒ Week 3-4: **45 minutes** on 3 days this week
(10 minutes of vigorous intensity of 2 days)

⇒ Week 5-6: **60 minutes** on 3 days this week
(15 minutes of vigorous intensity on 2 days)

⇒ Week 7-8: **60 minutes** on 5 days this week
(15 minutes of vigorous intensity on 3 days)

⇒ Week 9-10: **60 minutes** on 5 days this week
(15 minutes of vigorous intensity each day)

⇒ Week 11-12: **60 minutes** on 7 days this week
(15 minutes of vigorous intensity each day)

⇒ Week 13-14: **60 minutes** on 7 days this week
(20 minutes of vigorous intensity each day)

⇒ Week 15-16: **60 minutes** on 7 days this week
(25 minutes of vigorous intensity each day)

LIGHT (5 kcals/min)

Abdominal exercises
Baseball
Calisthenics (sit-ups, push-ups, chin-ups– light/moderate effort)
Cycling (light effort– 10-12 mph)
Dancing (square, modern, line)
Frisbee
Gardening (mowing lawn)
Gymnastics/acrobatics
Housework (scrubbing, vacuuming)
Horseback riding (leisure)
Paddleboat
Ping pong
Skiing (downhill)
Softball
Swimming (leisurely)
Walking the dog
Water Exercises/ Water Skiing
Weight Lifting (moderate– circuit training, universal, free weights)
Yoga

MODERATE (7.5 kcals/min)

Aerobics (Water– low impact)
Basketball (shooting, drills)
Calisthenics (i.e., sit-ups, push-ups, chin-ups– vigorous effort)
Cycling (moderate effort– 12-14 mph)
Elliptical machine
Field hockey (non-game)
Football
Hiking, Cross-Country Walking (carrying a pack)
Kayaking
Rock climbing
Rollerblading
Rowing
Skiing (cross-country/Nordic)
Soccer (non-game)
Tennis (doubles)
Volleyball
Walk/Jog
Weight Lifting (vigorous effort– free weights, power, body-building)

VIGOROUS (10 kcals/min)

Aerobics (Step– high impact)
Basketball (full court game)
Boxing
Climbing steps
Crossfit
Cycling (vigorous effort–16-19 mph)
Field hockey (game)
Jumping rope
Karate
Kickboxing
P90X
Rugby
Running (treadmill or outdoor)
Sprinting
Soccer (game)
Swimming (laps)
Tae-Kwan-Do
Tennis (singles)
Wrestling
Zumba

The “Talk Test” for Exercise Intensity

- If you can talk and sing without puffing at all, you’re exercising at a low intensity
- If you can comfortably talk, but not sing, you’re doing activity at a moderate intensity
- If you can’t say more than a few words without taking a breath then this is vigorous intensity