

Levels of Activity

Make sure you're getting the right kind of activity. While a leisurely stroll is nice, it's not strenuous enough to count towards your activity goal in the LGP Challenge. Use the following information as a guide to help you determine appropriate levels of activity. Only those activities that meet the criteria of moderate or vigorous count towards your Activity Challenge goals.

Light Activity - uses less than 280 calories per hour



- Walking less than 2 mph
- Golf, using a power cart
- Light housework
- Riding a lawnmower
- Washing/waxing the car
- Volleyball for 45 minutes
- Gardening for 30 - 45 minutes

Moderate Activity - uses 280-420 calories per hour

- Walking 3 to 4 mph
- Outdoor cycling less than 10 mph
- Vigorous housecleaning (vacuuming, dusting, washing floors by hand)
- Lawn mowing, power mowers and tools
- Pushing a stroller (1 1/2 miles for 30 minutes)
- Dancing fast
- Raking leaves



Vigorous Activity - uses more than 420 calories/hour



- Walking 4+ mph, uphill and/or with a backpack
- Cycling faster than 10 mph
- Racquet sports, singles tennis, racquetball
- Moving Furniture
- Lawn mowing, hand mower, hand trim work
- Stairwalking for 15 minutes