

## Vigorous Physical Activity at Work

Examples for  
vigorous  
activities at  
WORK

### VIGOROUS Intensity Activities

Make you breathe much harder than normal



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

Other examples  
for VIGOROUS  
activities at  
WORK

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

## Moderate Physical Activity at Work

Examples for  
**MODERATE**  
activities at  
work

### **MODERATE Intensity Activities**

Make you breathe somewhat harder than normal



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

**Other examples  
for  
MODERATE  
activities at  
WORK**

- 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)



## Vigorous Physical Activity during Leisure Time

Examples for  
**VIGOROUS**  
activities  
during  
**LEISURE**  
**TIME**

### **VIGOROUS Intensity Activities**

Make you breathe much harder than normal



Picture credit: original version of the GPAQ (WHO).

**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

## Moderate Physical Activity during Leisure Time

Examples for  
**MODERATE**  
activities  
during  
**LEISURE**  
**TIME**

### **MODERATE Intensity Activities**

Make you breathe somewhat harder than normal



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**Other examples  
for  
MODERATE  
activities at  
WORK**

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