

ACTIVITY LEVEL CLASSIFICATIONS

1. SEDENTARY

- Very low daily household activity
- Occasional flights of stairs, usually fewer than 2 to 3/day
- Walks generally less than 4 blocks/day
- No activity leading to a sweat
- Usually feels activity is impaired by specific health problems or general conditions of “old age”
- Level of inactivity constant all-year-round

2. VERY LOW

- Consists mainly of everyday living requirements - a few flights of stairs, a few blocks of walking, a relatively low level of housework
- Usually no activity leading to a sweat
- Usually had been more active in younger years but level has progressively dropped off

3. LOW ACTIVE

- Maintains household and family
- No steady formal activity, however, occasionally enjoys activities such as bowling, a bike ride, a walk, some golf
- Activity seasonal - increases in the summer months and drops to near zero in the winter
- Participation at any given time of short duration - less than ½ hour

4. MODERATELY ACTIVE

- Usually engages in very little “ formal” athletic activity but leads a life that keeps one “on the go”
- Frequent walks, several flights of stairs
- Activities include golf, mild calisthenics or stretching, walking and doubles tennis
- More interested in activity year-round, but no running, “hard” biking, or cross-country skiing
- Aerobic activity but at a low cardiovascular stress level
- Length of any given activity - ½ to 1 hour

5. VERY ACTIVE

- Participates regularly, several times a week, in athletic activities
- Generally includes both group and individual activities
- Actively incorporates activity into lifestyle as a complement to everyday activities
- Usually competes at some level in one or more activities
- Usually changes sports depending on the season

6. INTENSELY ACTIVE

- Participates in aerobic activity at a high level (probably to 70% of maximum heart rate) for an hour or more at a time, 5 to 7 days per week
- High level of activity as much a part of everyday living as well as all other aspects of life
- Sustains activity level all-year-round; often continues the same activity or activities all-year-round or substitutes similar activities in similar amounts
- Almost always competes in an activity
- Tends not to use advancing age or health problems as reason for slowing down