Flagstaff Counseling Center

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| **Moderate Activities**  3.5 to 7 kcal/min |  | **Vigorous Activities** greater than 7kcal/min |
| Walking moderate to brisk pace: 3-4.5mph  Bicycling: 5-9 mph on level ground Yoga  Trampoline jumping  Dancing | **Individual Activities** | Jogging/running: 5+mph Backpacking Rock climbing Bicycling 10+mph  Strength training Jumping rope |
| Golf, softball, table tennis, Frisbee | **Sports** | Tennis, football, basketball, soccer |
| Scrubbing the floor  Sweeping  Gardening and yard work  Home repair (painting, sanding)  Hand-washing car  Playing with children | **Housework** | Carrying items greater than 25 lbs Heavy and rapid shoveling Running with children |
| Waiting tables Operating heavy power tools Homebuilding tasks Mail delivery Patient care | **Occupational Activities** | Heavy construction Firefighting  Moving items Loading/Unloading a truck |