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: 3-4.5mphBicycling: 5-9 mph on level groundYoga Trampoline jumping Dancing | **Individual Activities** | Jogging/running: 5+mphBackpackingRock climbingBicycling 10+mph Strength trainingJumping rope |
| Golf, softball, table tennis, Frisbee | **Sports** | Tennis, football, basketball, soccer |
| Scrubbing the floorSweepingGardening and yard workHome repair (painting, sanding)Hand-washing carPlaying with children | **Housework** | Carrying items greater than 25 lbsHeavy and rapid shovelingRunning with children |
| Waiting tablesOperating heavy power toolsHomebuilding tasksMail deliveryPatient care | **Occupational Activities** | Heavy constructionFirefightingMoving itemsLoading/Unloading a truck |