

Moderate-intensity Physical Activity

How to know if your activity is
at a moderate intensity level



The [Physical Activity Guidelines for Americans](#) recommend engaging in physical activity or exercise at a moderate intensity, but **how do you know if you are meeting this intensity recommendation?**

Option 1

One way to gauge your activity level is called the **talk test**:



- * If you can talk comfortably while being physically active, you are working at a moderate intensity.
- * If you can sing, you are working at a light intensity. You should be able to talk but not sing when working at moderate intensity.
- * If you can't talk comfortably, or you cannot say more than a few words without pausing for a breath, you are working at a vigorous or near-maximal intensity.

Option 2

Another way is called **ratings of perceived exertion (RPE)**:



- * Using a scale from 0 to 10, aim to be at a level of 3 to 4.
- * If using words to describe a rating of 3 to 4, it should feel "moderate" to "somewhat hard/strong."