

Measuring Physical Activity Intensity (MVPA)

A way to understand and measure the intensity of aerobic activity is by understanding intensity and how physical activity affects heart rate and breathing.

Moderate Intensity

The **talk test** is a simple way to measure relative intensity. In general, if you're doing moderate-intensity activity, you can talk but not sing during the activity.

- Walking briskly (3 miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour on primarily flat or level terrain without hills
- Tennis (doubles)
- Ballroom dancing
- General gardening

Vigorous Intensity

In general, if you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

- Race walking, jogging, or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster that may include hills
- Jumping rope
- Heavy gardening (continuous digging or hoeing)
- Hiking uphill or with a heavy backpack

Other Methods of Measuring Intensity (Moderate to Vigorous Physical Activity)

- [Target Heart Rate and Estimated Maximum Heart Rate](#)
- [Perceived Exertion \(Borg Rating of Perceived Exertion Scale\)](#)

Source: CDC Website

<https://www.cdc.gov/physicalactivity/basics/measuring/index.html#:~:text=The%20talk%20test%20is%20a,not%20sing%20during%20the%20activity.&text=In%20general%2C%20if%20you're%20doing%20vigorous%2Dintensity%20activity,without%20pausing%20for%20a%20breath.>