

TYPES & EXAMPLES OF PHYSICAL ACTIVITY

| Type of Physical Activity | AGE GROUP | | | |
|---|--|---|--|---|
| | Children | Adolescents | Healthy Adults | Healthy Older Adults |
| Light Intensity | <ul style="list-style-type: none"> • Colouring or reading (Standing or sitting) • Walking slowly at < 3.2 km/h • Playing outdoor activity flying kites | <ul style="list-style-type: none"> • Walking slowly at < 4 km/h • Cycling at < 8 km/h • Playing musical instruments (standing or sitting) | <ul style="list-style-type: none"> • Walking slowly at < 4 km/h and carrying loads < 11 kg • Cycling < 8 km/h • Fishing (sitting) | <ul style="list-style-type: none"> • Walking at < 3 km/h • Watering plants • Sitting, writing and reading |
| Moderate Intensity | <ul style="list-style-type: none"> • Walking > 4 km/h • Swimming • Cycling > 5 km/h | <ul style="list-style-type: none"> • Brisk walking > 4 km/h • Active recreation such as rollerblading, cycling > 5 km/h • Swimming freestyle | <ul style="list-style-type: none"> • Brisk walking at 5 to 7 km/h • Cycling at 8 to 14.5 km/h • Aerobic (zumba or general movement) | <ul style="list-style-type: none"> • Swimming or water exercise (aquarobics) • Walking at 3 to 8 km/h • Stationary cycling at > 3km/h |
| Vigorous Intensity | <ul style="list-style-type: none"> • Active games such as running and playing "cerah" • Soccer • Martial arts sports such as silat | <ul style="list-style-type: none"> • Cycling > 14 km/h • Running / Jogging >8 km/h • Soccer • Netball (tournament and training) | <ul style="list-style-type: none"> • Cycling at > 19 km/h • Running / jogging > 8 km/h • Aerobic (steps or body combat) • Hiking | <ul style="list-style-type: none"> • Jogging at 5 to 7 km/h • Hiking |
| Muscle Strengthening | <ul style="list-style-type: none"> • Games such as tug-of-war • Half push-ups, sit ups | <ul style="list-style-type: none"> • Games such as tug-of-war • Resistance exercise such as push-ups, sit-ups and exercise bands | <ul style="list-style-type: none"> • Resistance exercise such as sit-ups, push ups and pull ups • Weight lifting • Rock-climbing | <ul style="list-style-type: none"> • Carrying groceries weighing 5 to 10 kg • Tai Chi • Yoga |
| Bone Strengthening & Balance | <ul style="list-style-type: none"> • Rope-climbing • Hopping and Skipping • Gymnastic | <ul style="list-style-type: none"> • Dancing • Hopping and Skipping • Basketball | <ul style="list-style-type: none"> • Yoga • Pilates • Basketball | <ul style="list-style-type: none"> • Stretching • Pilates |

