

## Example of Walking Intensity (*Harvard Medical Publishing*)

<i>Type of walking</i>	<i>Pace</i>	<i>How it feels</i>	<i>Intensity</i>
<i>Easy</i>	Leisurely stroll	Light effort, breathing easily. You can sing	Light
<i>Moderate</i>	Purposeful, like you have some place to get to	Some effort, breathing more noticeable. You can talk in full sentences	Light to moderate
<i>Brisk</i>	In a bit of a hurry	Moderate effort, breathing harder. You can talk in full sentences, but need to take more breaths	Moderate
<i>Fast</i>	Late for an appointment	Hard effort, slightly breathless. You can talk in phrases	Moderate to vigorous