Cardiovascular Exercise Examples

**Moderate Intensity** - You should produce a light to moderate sweat or have difficulty carrying on a long conversation

- Brisk Walk (3-4.5mph)
- Bicycling (5-9mph)
- Marching
- Carrying a child or weight over 50lbs
- Gardening
- House cleaning involving intense scrubbing/cleaning
- Low impact aerobics
- Most aerobic machines (elliptical, stair climber, bicycles) at moderate pace
- Tai Chi
- Weight lifting
- Yoga

**Vigorous Intensity** - You should sweat profusely and have difficulty carrying on a conversation of any length

- High Knees
- Speed skaters
- Fast feet
- Jumping jacks
- Plank jacks
- Jumping lunges
- Jumping squats
- Vigorous Dancing
- Race Walking (more than 4.5mph)
- Jogging/running
- Stair climbing
- Jumping rope
- Backpacking
- Bicycling (faster than 10mph)
- Boxing
- Circuit strength training
- Karate, judo, taekwondo, jujitsu
- Most aerobic machines (elliptical, stair climber, bicycles) at vigorous pace
- Pushing a non-motorized lawn mower
- Wheeling in a wheelchair