

Let's talk about Moderate activity at home

What is Moderate activity?

Moderate intensity means your heart rate increases, you breathe faster, but you can still talk.

Tips for success

- Aim for 30 mins a day, at least 5 days a week
- Wear comfortable clothing and shoes
- Keep water nearby
- Start slow if you are new then increase the duration and intensity gradually
- Use music for motivation
- Have someone join you in the fun
- Print off a simple guide and stick on your wall or fridge, you can find workouts in our Activity tab

Examples of Moderate Activity at home



Marching on the spot



Walking or light jog around house or backyard



Dancing to music



Mowing the lawn

