

Let's talk about Vigorous activity at home

What is Vigorous activity?

Vigorous activity means breathing hard, sweating, and a significantly raised heart rate, making it difficult to say more than a few words

Tips for success

- Warm up first: 5 min walk on spot in place or perform dynamic stretches
- Track intensity: use the "talk test"- if you can say a few words, you are at vigorous intensity
- Start small: begin with 10-15 min and build to 20 min
- Hydrate & rest: drink water and allow recovery days
- Use music or apps: keeps motivations high
- Modify for safety: if joints hurt, reduce impact (e.g step instead of jump)
- Print off a simple guide and stick to your wall, you can find workouts in our Activity tab

Examples of Vigorous Activity at home



Going up and down stairs at home



Jogging or running around house or backyard



Skipping



Fast paced dance routine

