

Cambridge Active™: activity chart

	Level 1	Level 2	Level 3	Level 4	Level 5
Current activity level	Inactive Lifestyle Less than 10 minutes physical activity a day	Occasionally active 10–20 minutes physical activity a day*	Regular physical activity 20–30 minutes physical activity a day*	Regular physical activity 30 minutes physical activity a day*, resistance and flexibility training once a week	Very active 30 minutes physical activity a day*, resistance and flexibility training twice a week
Typical activities during level	Chair exercises, commence a walking programme, increasing everyday activities, after the first two weeks	A brisk walking programme, chair exercises using household items	Chair exercise programme, resistance band exercises, jogging, dancing	Home exercise programme, resistance band exercises	Home exercise programme using increased resistance such as dumb-bells, possibly joining a gym
Target activity level	Physically active for 10–20 minutes every day: gentle to moderate exercise	Physically active for 20–30 minutes every day*	Establish regular exercise pattern, 30 minutes physical activity a day*, resistance and flexibility exercises at least once a week	30 minutes physical activity a day*, resistance and flexibility exercises twice a week	Congratulations! You are achieving the benefits associated with an active lifestyle. Take care to ensure that you do not over-train. Vary your exercise routines, consider joining a gym
Example of suitable activities	Stationary cycling (little resistance), dusting, hoovering, general household chores, aquatic exercise, walking	Steady cycling (flat terrain), brisk walking, dancing, raking the leaves, aquatic exercises (gently-paced swimming)	Brisk walking, hill climbing, jogging, mowing lawn using hand mower, swimming (moderately-paced laps)	Brisk walking, jogging, squash, tennis, football, aerobics, swimming (moderate- to fast-paced laps)	Cycling up hills, jogging, weight training, circuit training

*Moderate-intensity exercise is the equivalent of the effort required to undertake a brisk walk. It should be performed at 'conversational exercise' pace, so if you are too out of breath to talk, you are probably working too hard.