

## Typical Activities

This table shows some typical activities that people do. The activities are divided by the intensity level needed to do them.

<b>Resting</b>	<b>Very light</b> Sitting activities	<b>Light</b> Low-level activities	<b>Moderate</b> Medium-level activities	<b>Heavy</b> High-level activities
Sleeping	Watching television	Doing household chores	Mowing the lawn	Swimming (team sport)
	Playing computer games	Casual walking	Bicycling	Playing basketball
	Listening to music	Shopping	Dancing (practice)	Most athletic practices
	Sitting in class		Playing tennis	
	Talking		Walking at a fast pace	
	Using the Internet			
	Bathing			
	Eating			