What’s the difference?

**MODERATE vs VIGOROUS ACTIVITY**

- **Moderate Activity**
  - You can talk, but can’t sing.
  - On a scale of 0-10 you would rate the activity as a 5 or lower in terms of difficulty.
  - Your heart rate is at 50 to 60% of your maximum heart rate.

- **Vigorous Activity**
  - You can say a few words, but you can’t hold a conversation.
  - On a scale of 0-10 you would rate the activity as a 6 or higher in terms of difficulty.
  - Your heart rate is at 70 to 80% of your maximum heart rate.

Aim for one hour and 15 minutes of vigorous activity or 2½ hours of moderate activity each week.

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Making Cancer History®