

# What's the difference?

## MODERATE **VS** VIGOROUS

### 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.**



**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 term 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.**

THE UNIVERSITY OF TEXAS

**MDAnderson  
Cancer Center**

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