










TALK TEST

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Use the Talk Test to determine your physical activity intensity.

Exercise intensity	Talk level	Examples
Light 	Normal breathing rate – can sing or talk	Slow walking Stretching Light housework 
Moderate  	Breathing getting faster – can carry a conversation but not sing	Brisk walking Cricket Leisurely swimming 
Vigorous   	Gasping for breath – can't hold a conversation	Jogging Soccer Dancing 

ADULT PHYSICAL ACTIVITY GUIDELINES

Some is better than none, and more is better than less.

- **Move MORE** Be active on most, preferably all days each week.
- **Move HARDER** Each week aim for:
 - 2h30min – 5h of moderate physical activity;
 - 1h15min – 2h30mins of vigorous physical activity,
 - or an equivalent combination or both.
- **Move STRONGER** Do strength exercises on at least 2 days each week (e.g. body weight exercises, yoga).
- **Move OFTEN** Minimise time spent sitting and break up long periods of sitting as often as possible.

