



Picture Card 3.4

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Say:

You may want to start with **moderate** (medium-level) activities. Moderate activities should require you to make some physical effort, but you should be able to have a conversation comfortably while doing them.

Examples of moderate activities include:

- Walking at a brisk pace
- Gardening (mowing, raking)
- Dancing (African dancing, hand dancing, line dancing, or stepping)
- Making home repairs (painting)
- Washing and waxing a car
- Scrubbing floors and washing windows
- Actively playing with children (walking, running, or climbing)
- Weightlifting
- Taking the stairs instead of the elevator
- Doing floor exercises (pushups, situps)
- Doing chair exercises (for seniors or persons with disabilities)

