



**Children's**<sup>SM</sup>  
Healthcare of Atlanta

# Talk Test

In order for our bodies to benefit most from being active, it is important to be mindful of the intensity of our activity (how hard our body is working). To get the most benefits of physical activity, aim to stay in the green zone.

## VIGOROUS INTENSITY

### VERY HARD

Point of exhaustion, cannot talk

### HARD

Hard to speak, quick or deep breaths, sweating increases

## MODERATE INTENSITY

### SOMEWHAT HARD

Able to speak few words, need to take deep breaths to keep talking, sweating

### SOMEWHAT EASY

Breathing deeper and starting to sweat

## LOW INTENSITY

### STILL EASY

Breathing a little bit faster but easy to talk

### EASY

Can talk easily, may not seem (or feel) like exercise

**AIM FOR 60 MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY PER DAY**

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GREEN ZONE

