



PHYSICAL ACTIVITY REQUIREMENTS

This program is **Level 2** of physical activity intensity:

Level 1 – Light intensity activity: Standing and moving around but no vigorous efforts needed. Can talk while doing these activities and buildings and excursions are accessible.

Level 2 – Moderate intensity activity: Walking, climbing stairs, standing for more than 10 minutes. These activities require some level of physical fitness.

Level 3 – Vigorous intensity activity: Hiking for more than an hour, heavy lifting required, running. Activities and excursions require a moderate to high level of physical fitness.