**Physical Activities** are activities where you move and increase your heart rate above its resting rate, whether you do them for pleasure, work, or transportation.

The following questions ask about the amount and intensity of physical activity you usually do. The intensity of the activity is related to the amount of energy you use to do these activities.

Examples of physical activity intensity levels:

**Light activities**

* Your heart beats slightly faster than normal
* You can talk and sing

Examples; walking leisurely, stretching, vacuuming or light yard work

**Moderate activities**

* Your heart beats faster than normal
* You can talk but not sing

Examples; fast walking, aerobics class, strength training, swimming gently

**Vigorous activities**

* Your heart rate increases a lot
* You can’t talk or your talking is broken up by large breaths

Examples; stair machine, jogging or running, tennis, racquetball, pickleball or badminton

**How physically active are you?** (choose one answer for each question)

RAPA 1

1. I rarely or never do any physical activities.
Does this accurately describe you? 1. Yes 0. No
2. I do some **light** or **moderate** physical activities, but not every week
Does this accurately describe you? 1. Yes 0. No
3. I do some **light** physical activity every week
Does this accurately describe you? 1. Yes 0. No
4. I do **moderate** physical activities every week, but less
than 30 minutes a day or 5 days a week
Does this accurately describe you? 1. Yes 0. No
5. I do **vigorous** physical activities every week, but less
than 20 minutes a day or 3 days a week
Does this accurately describe you? 1. Yes 0. No
6. I do 30 minutes or more a day of **moderate** physical
activities, 5 or more days a week.
Does this accurately describe you? 1. Yes 0. No
7. I do 20 minutes or more a day of **vigorous** physical
activities, 3 or more days a week.
Does this accurately describe you? 1. Yes 0. No

RAPA 2

1. I do activities to increase muscle **strength**, such as
lifting weights or calisthenics, once a week or more.
Does this accurately describe you? 1. Yes 0. No
2. I do activities to improve **flexibility**, such as stretching
or yoga, once a week or more 1. Yes 0. No

Today’s Date: \_\_\_\_\_\_

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Notes: Scoring Instructions

**RAPA 1: Aerobic**

To score, choose the question with the highest score with an affirmative response. Any number less than 6 is suboptimal.

For scoring or summarizing categorically:

Score as sedentary (1):

1. I rarely or never do any physical activities.

Score as under-active (2):

2. I do some light or moderate physical activities, but not every week.

Score as under-active regular – light activities (3):

3. I do some light physical activity every week.

Score as under-active regular (4):

4. I do moderate physical activities every week, but less than 30 minutes a day or 5 days a week.

5. I do vigorous physical activities every week, but less than 20 minutes a day or 3 days a week.

Score as active (5):

6. I do 30 minutes or more a day of moderate physical activities, 5 or more days a week.

7. I do 20 minutes or more a day of vigorous physical activities, 3 or more days a week.

**RAPA 2: Strength & Flexibility**

I do activities to increase muscle strength, such as lifting weights or calisthenics, once a week or more. (1)

I do activities to improve flexibility, such as stretching or yoga, once a week or more. (2)

Both. (3)

None (0)

Reference:

Topolski TD, LoGerfo J, Patrick DL, Williams B, Walwick J, Patrick MB. The Rapid Assessment of Physical Activity (RAPA) among older adults. Prev Chronic Dis 2006;3(4):A118

See also the University of Washington Health Promotion Research Center website at

http://depts.washington.edu/hprc/rapa