

## Activity Levels:

Light: (L) This includes any activity that requires light use of energy or physical ability. These programs generally operate on level terrain with minimal distance traveled or require little to no physical exertion.

Moderate: (M) This includes any activity that requires slightly more energy or higher physical ability due to distance travelled, elevation gain or moderate physical exertion.

Extensive: (E) This includes any activity that demands higher energy or physical ability due to distance traveled, increased elevation gain or rugged terrain. This could also include higher levels of physical exertion.