

## Description of Activities

Activity	Description
<b>Walking</b>	Normal-paced walking on a flat surface, such as a hallway or sidewalk, at a relaxed speed.
<b>Jogging</b>	Light running at a steady speed, faster than walking but not sprinting.
<b>Sitting</b>	Sitting still on a chair or bench without moving the torso or legs significantly.
<b>Standing</b>	Standing upright in one position without walking or moving significantly.
<b>Walking Upstairs</b>	Ascending a staircase at a normal pace, one step at a time.
<b>Walking Downstairs</b>	Descending a staircase at a normal pace, maintaining balance and posture.
<b>Running</b>	Fast-paced running or sprinting typically on a flat surface.
<b>Lying Down</b>	Lying flat on a surface such as a bed or floor, minimal movement.
<b>Cycling</b>	Pedaling a stationary or mobile bicycle, moderate to vigorous intensity.
<b>Jumping Rope</b>	Performing jump rope exercise with both feet leaving the ground rhythmically.
<b>Vacuum Cleaning</b>	Moving around while operating a vacuum cleaner, involving arm and torso movements.