

PHYSICAL ACTIVITY GUIDELINES

For Healthy Adults 19-64 Years

For important health benefits, adults need to do **aerobic** activities and **muscle-strengthening** exercises *every week*. The following are *minimum suggested guidelines* for each.

Aerobic Activities (Exercise)



2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity each week.

— or —

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity each week.

- ◆ **Slowly build up** the amount of time you do physical activities.
- ◆ Try to spread your activity throughout the week and be active at least 3 days a week.
- ◆ **Do at least 10 minutes at a time.**
- ◆ You can combine moderate and vigorous activities.

Muscle-Strengthening Exercises



Do muscle-strengthening exercises at least 2 days per week.

- ◆ Include all major muscle groups such as legs, hips, back, chest, stomach, shoulders, and arms.
- ◆ Exercises for each muscle group should be repeated **8-12 times per session.**

Examples of Aerobic Activities

Do these activities for 10 minutes or more at a time:

Moderate-intensity

(I can talk while I do them, but I can't sing).

- ◆ Ballroom and line dancing
- ◆ Biking on level ground or with a few hills
- ◆ General gardening (raking, trimming shrubs)
- ◆ Hiking
- ◆ Playing tag or frisbee with your children
- ◆ Sports like baseball, softball, and volleyball
- ◆ Tennis (doubles)
- ◆ Tai Chi and Qi Gong
- ◆ Using a manual wheelchair
- ◆ Walking briskly
- ◆ Water aerobics
- ◆ Yoga



Vigorous-intensity

(I can only say a few words without stopping to catch my breath).



- ◆ Aerobic dance
- ◆ Biking faster than 10 miles per hour
- ◆ Fast dancing
- ◆ Heavy gardening (digging, hoeing)
- ◆ Hiking uphill
- ◆ Jumping rope
- ◆ Martial arts (such as karate)
- ◆ Race walking, jogging or running
- ◆ Sports with a lot of running like basketball, hockey, and soccer
- ◆ Swimming fast or swimming laps
- ◆ Tennis (singles)