








# EXERCISE - How much and What Kind ?

## For Important Health Benefits

Adults need at least:

	2 hours and 30 minutes (150 minutes) of <u>moderate-intensity aerobic activity</u> (i.e., brisk walking) every week <b>and</b>
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
<b>OR</b>	
	1 hour and 15 minutes (75 minutes) of <u>vigorous-intensity aerobic activity</u> (i.e., jogging or running) every week <b>and</b>
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
<b>OR</b>	
 	An equivalent mix of moderate- and vigorous-intensity <u>aerobic activity</u> <b>and</b>
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

## 10 minutes at a time is fine



We know 150 minutes each week sounds like a lot of time, but you don't have to do it all at once. Not only is it best to **spread your activity out during the week**, but you can **break it up into smaller chunks of time during the day**. As long as you're doing your activity at a moderate or vigorous effort for **at least 10 minutes at a time**.

## Give it a try

Try going for a 10-minute brisk walk, 3 times a day, 5 days a week. This will give you a total of 150 minutes of moderate-intensity activity.

## For Even *Greater* Health Benefits






Adults should increase their activity to:

	5 hours (300 minutes) each week of <u>moderate-intensity aerobic activity</u> <b>and</b>
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

**More time equals more health -**

intensity activity, or 150 minutes a week of vigorous-intensity activity, you'll gain even more health benefits. **benefits** If you go beyond 300 minutes a week of moderate

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<b>OR</b>	
 2 hours and 30 minutes (150 minutes) each week of <u>vigorous-intensity aerobic activity</u> <b>and</b>	
 <u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).	
<b>OR</b>	
 	An equivalent mix of moderate- and vigorous-intensity <u>aerobic activity</u> <b>and</b>
	<u>muscle-strengthening activities</u> on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

For more help with what counts as aerobic activity, [watch this video](#): Windows Media Player, 4:48

[More videos](#)

## Aerobic activity – what counts?

**Aerobic activity** or "cardio" gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you're doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**.

**Intensity** is how hard your body is working during aerobic activity.

### How do you know if you're doing light, moderate, or vigorous intensity aerobic activities?

For most people, light daily activities such as shopping, cooking, or doing the laundry doesn't count toward the guidelines. Why? Your body isn't working hard enough to get your heart rate up.

**Moderate-intensity aerobic activity** means you're working hard enough to raise your heart rate and break a sweat. One way to tell is that you'll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with few hills
- Playing doubles tennis
- Pushing a lawn mower

### Build up over time

If you want to do more vigorous-level activities, slowly replace those that take moderate effort like brisk walking, with more vigorous activities like jogging.

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**Vigorous-intensity aerobic activity** means you're breathing hard and fast, and your heart rate has gone up quite a bit. If you're working at this level, you won't be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

You can do moderate- or vigorous-intensity aerobic activity, or a mix of the two each week. A rule of thumb is that **1 minute of vigorous-intensity activity is about the same as 2 minutes of moderate-intensity activity**.

Some people like to do vigorous types of activity because it gives them about the same health benefits in half the time. If you haven't been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones. The guidelines are about doing physical activity that is right for you.