



# Physical Fitness and Health

Nutrition and **physical activity** are important parts for living a healthy lifestyle. Physical activity **coupled with proper nutrition** is necessary to maintain a healthy weight.

## How Much Physical Activity Should You Get Each Week?

1. **150 minutes of moderate-intensity aerobic physical activity** **OR** **75 minutes of vigorous-intensity aerobic physical activity**
- Walking fast
  - Water aerobics
  - Mowing the lawn with a push mower
  - Riding a bike (normal speed)
  - Jogging/Running
  - Riding a bike (fast speed or up and down hills)
  - Playing basketball

**AND**

2. **Muscle-strengthening** activities should be done for **2+ days** every week.
- Lifting weights
  - Using resistance bands
  - Yoga

### For additional health benefits:

- Moderate-intensity aerobic physical activity should be increased to 300 minutes per week.
- Vigorous-intensity aerobic physical activity should be increased to 150 minutes per week.

Doing some physical activity is better than doing no physical activity. If you are new to working out, you should start slowly and gradually increase the duration and intensity of the workouts. In combination with proper nutrition, following these physical activity requirements will help you maintain a healthy lifestyle.

### Did You Know?

**Moderate-intensity aerobic activity** means that you are working hard enough to raise your heart rate and break a sweat. If you are working out at this level you will be able to talk but will not be able to sing a song.

**Vigorous-intensity aerobic activity** means that you are breathing hard and fast, and your heart rate has gone up quite a bit. If you are working out at this level you will not be able to say more than a few words without stopping to breathe.

