



# Physical Activity Guidelines for Adults

## Did You Know?

Don't be overwhelmed by 150 minutes of aerobic activity each week, because you don't have to do it all at once. Breaking it up into 10 or 20 minute bouts throughout the week to total 150 minutes will give you the same health benefits, and may work better for your lifestyle.



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Adults should aim to get some sort of physical activity daily, as any kind of activity is better than none! Listed below are more specific guidelines to follow for the greatest health benefits.

Adults should do at least **150 minutes a week** of moderate-intensity, or **75 minutes a week** of vigorous-intensity aerobic physical activity. This could also be done as a combination of moderate and vigorous intensity aerobic activity.

Adults should also do muscle-strengthening activities at moderate or high intensity **2 or more days per week** for all the major muscle groups (hips, back, legs, abdomen, chest, shoulders, and arms).

Examples of **moderate-intensity aerobic physical activity** include brisk walking, bicycling slower than 10 mph, general gardening, playing tennis (doubles), or ballroom dancing.

Examples of **vigorous-intensity aerobic physical activity** include jogging, running, race-walking, swimming laps, bicycling 10 mph or faster, jumping rope, playing tennis (singles), or hiking with a heavy backpack.

**Muscle-strengthening activities** would classify as lifting weights, working with resistance bands, heavy gardening, yoga, or body-resistant exercises such as push-ups or sit-ups. Try to do at least one set of muscle strengthening activities (8-12 repetitions), and keep in mind that doing 2 or 3 sets can have even more health benefits.

Remember that any physical activity is better than none! The health benefits of being active far outweigh the risks at all ages, and getting into the habit of being active will make it both easier and more enjoyable. For more information on adult guidelines see [Physical Activity Guidelines for Adults](#) at <http://www.health.gov/paguidelines/guidelines/chapter4.aspx>