

The U.S. Department of Health and Human Services recommends the following physical activity guidelines for adults:

Participate in moderate-intensity cardio physical activity on 3-5 days for a minimum of 150 minutes each week

Or

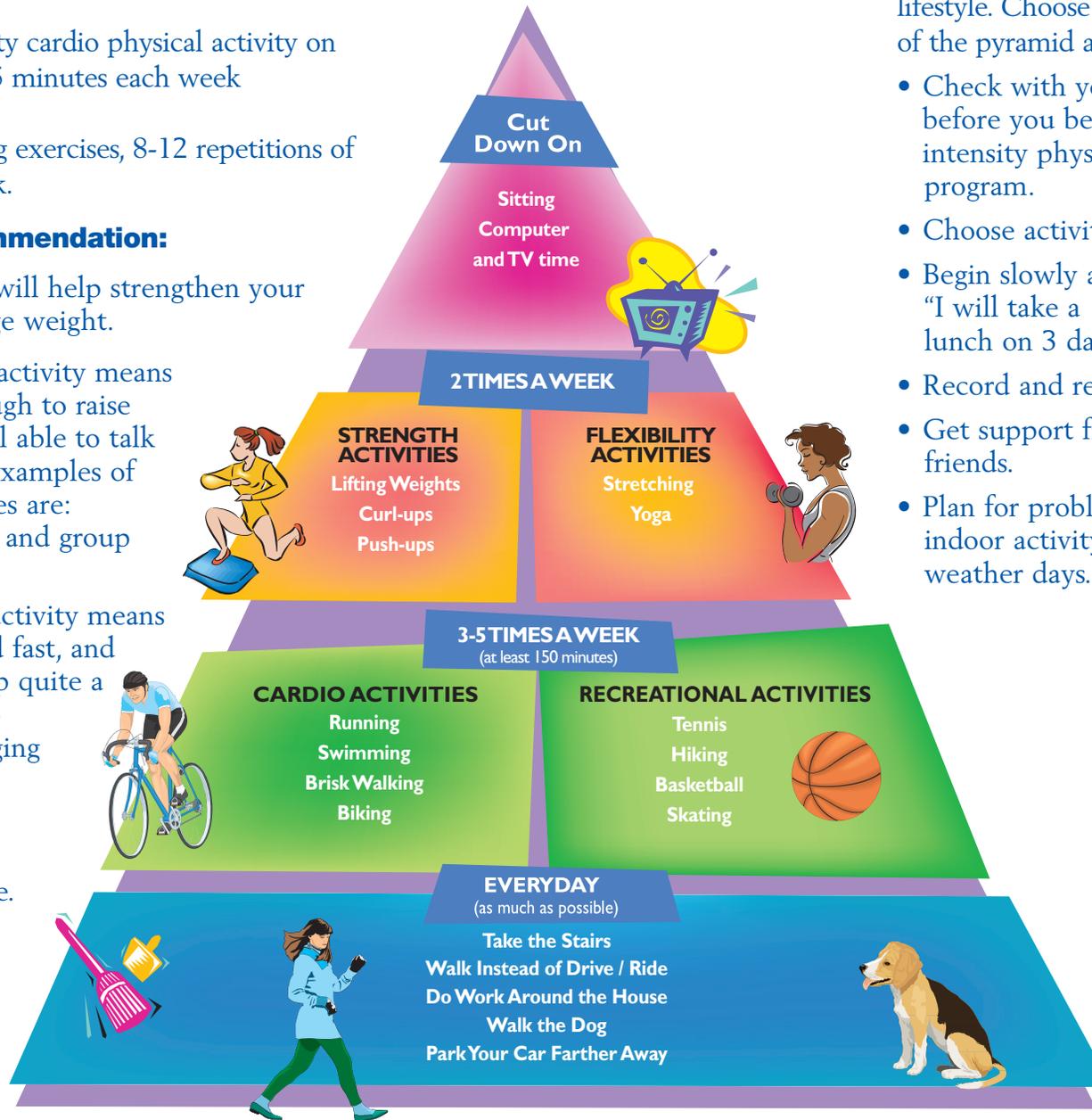
Participate in vigorous-intensity cardio physical activity on 3-5 days for a minimum of 75 minutes each week

And

Perform 8-10 strength-training exercises, 8-12 repetitions of each exercise twice each week.

Understanding the recommendation:

- Cardio or aerobic activity will help strengthen your heart and lungs and manage weight.
- Moderate-intensity cardio activity means you are working hard enough to raise your heart rate, but are still able to talk while doing the activity. Examples of moderate-intensity activities are: walking, biking, swimming and group aerobics.
- Vigorous-intensity cardio activity means you are breathing hard and fast, and your heart rate has gone up quite a bit. Examples of vigorous-intensity activities are: jogging and swimming laps.
- Strength training helps to strengthen muscles and maintain lean muscle tissue. Examples of strength training activities are: lifting weights, using resistance bands, curl-ups and push-ups.



The activity pyramid is a guide that adults may use to plan for an active lifestyle. Choose activities from all levels of the pyramid and consider these tips:

- Check with your health care provider before you begin a moderate-intensity physical activity program.
- Choose activities that you will enjoy.
- Begin slowly and set a realistic goal – “I will take a 10 minute walk during lunch on 3 days each week.”
- Record and reward your progress.
- Get support from family and friends.
- Plan for problems – have an indoor activity plan for bad weather days.