How Much Physical Activity Should I Do?

For all people, some activity is better than none! If you aren’t limited by chronic health problems\(^1\) you should be as active as you can be. Avoid being inactive.

Older adults should do:

- 2 hours and 30 minutes a week of moderate-intensity\(^2\) aerobic activity,  
  **OR**  
- 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity\(^3\) aerobic activity  
  **OR**  
- Combine equal amounts of moderate- and vigorous-intensity aerobic physical activity.  
- Do aerobic\(^4\) activity at least 10 minutes at a time throughout the week.  
- Do activities that make your arm, leg, chest, back, and shoulder muscles strong at least 2 days per week.  
- Older adults should also do exercises that maintain or improve balance if they are at risk for falling.

\(^1\)People with chronic conditions\(\) (such as diabetes, heart disease, or osteoarthritis) should talk to a health care provider about physical activity.

\(^2\)Moderate intensity activity: breathing is harder and faster than normal, but you can still talk while you exercise.

\(^3\)Vigorous intensity activity: breathing is hard enough that you cannot talk while you exercise.

\(^4\)Aerobic means "with oxygen." Exercises like walking, running, biking, swimming and dancing.

**Sources:**  