How Much Physical Activity Should I Do?

For all people, some activity is better than none! Physical activity is safe for almost everyone. If you aren’t limited by chronic health problems\(^4\) you should be as active as you can be. Avoid being inactive.

Adults (ages 18-64) should do at least:

- 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 activity at least 10 minutes at a time throughout the week.
- There will be more health benefits if you increase to 5 hours (300 minutes) a week of moderate intensity\(^2\) aerobic activity or 2 hours and 30 minutes a week of vigorous-intensity\(^3\) aerobic activity.
- Do activities that make your arm, leg, chest, back, and shoulder muscles strong at least two days per week.

\(^1\)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’re exercising.

\(^3\)Vigorous intensity activity: breathing is hard enough that you can’t talk while exercising.

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

Sources: