

Physical Activity for Everyone

Physical activity is anything that gets your body moving. According to the *2008 Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health— aerobic and muscle-strengthening.

Activity for Health Benefits

Adults need one of the following combinations each week:

- ♦ 2 hrs. and 30 mins of moderate intensity-aerobic activity (i.e. brisk walking) AND muscle strengthening activities on 2 or more days of the week (all muscle groups should be targeted)
- OR
- ♦ 1hr and 15 mins of vigorous-intensity aerobic activity (i.e. running) AND 2 or more days of muscle strengthening activities.
- OR
- ♦ An equivalent mix of both moderate and vigorous level aerobic activity and 2 or more days of muscle strengthening activities.



Activity for *Greater* Health Benefits

- ♦ 5 hrs. of moderate-intensity aerobic activity AND muscle strengthening activities on 2 or more days a week (targeting all major muscle groups)

OR

- ♦ 2 hrs. And 30 mins of vigorous-intensity aerobic activity AND muscle strengthening activities 2 or more days a week.

OR

- ♦ A proportionate mix of moderate and vigorous level aerobic activity AND muscle strengthening activities on 2 or more days of the week.

**Just 10 mins at a time can help you reach your
physical activity goals!**

Adapted from “Physical Activity for Everyone” from
the CDC website

<<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>>



Created by AmeriCorps Member Amy Houser

