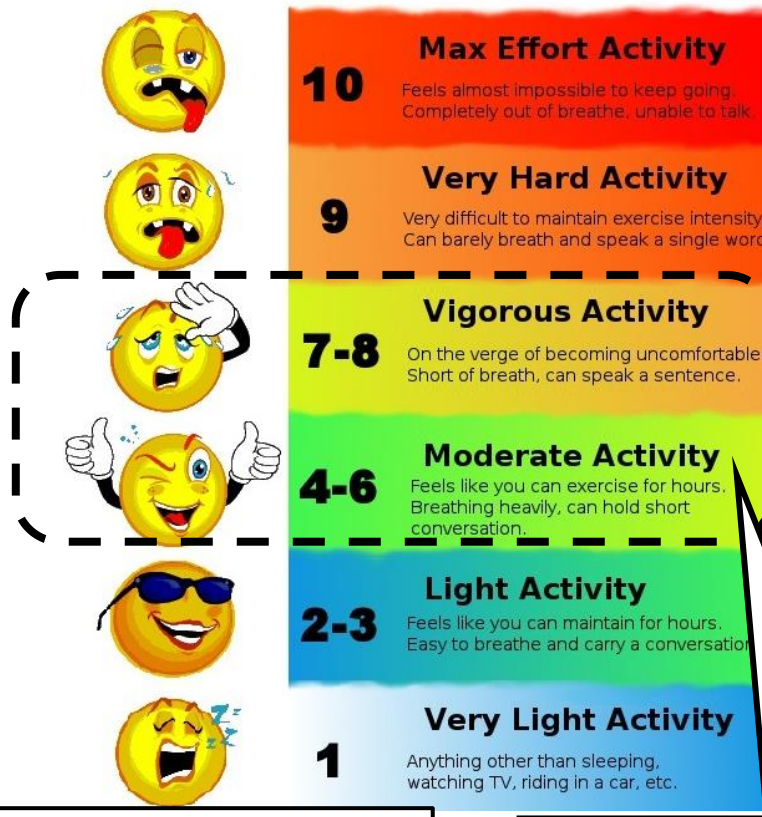


## Physical Activity Recommendations



**REMEMBER: MORE IS BETTER!!**  
The more you do, the more health benefits you will achieve. **JUST KEEP MOVING!**

Exercise at this level of challenge to get the full health benefits

## WHAT'S YOUR LEVEL?

Pick your starting level of activity below and work to achieve higher levels

**LEVEL 1:** "I can't move very well" OR "I have too much pain to do very much"

Activities You Can Try:  
**POOL EXERCISE**    **YOGA/STRETCHING**

**ARM CYCLE**    **CHAIR EXERCISE**

**LEVEL 2:** "I can move pretty well but feel slower and weaker than I would want"

Activities You Can Try:  
**ZUMBA**    **WALK/JOG**

**BIKE/TREADMILL/ELLIPTICAL**    **WEIGHT MACHINES**

**LEVEL 3:** "I move and do pretty much everything I want to do and I want to get even better"

Activities You Can Try:  
**INDOOR CYCLING**    **STEP CLASS**

**JOE/RUN**    **WEIGHTS/"SLOW BURN"**



American Heart Association.

Healthy for Good™

# How much **physical activity** do you need?

Here are the American Heart Association recommendations for adults.



## **Fit in 150+**

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



## **Move More, Sit Less**

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



## **Add Intensity**

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



## **Add Muscle**

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



## **Feel Better**

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



**Move more, with more intensity, and sit less.**

Find out how at [heart.org/movemore](http://heart.org/movemore).

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