

# General Exercise Guidelines

## Recommendations for Adults

- 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.
- Add moderate- to high-intensity muscle-strengthening activity (such as resistance or weights) on at least 2 days per week.
- Spend less time sitting. Even light-intensity activity can offset some of the risks of being sedentary.
- Increase amount and intensity gradually over time.

## A Little Means A Lot

Moving (even just a little) improves your heart health.

## What is intensity?

Physical activity is anything that moves your body and burns calories. This includes things like walking, climbing stairs and stretching.

Aerobic (or “cardio”) activity gets your heart rate up and benefits your heart by improving cardiorespiratory fitness. When done at moderate intensity, your heart will beat faster and you’ll breathe harder than normal, but you’ll still be able to talk. Think of it as a medium or moderate amount of effort.

### Examples of moderate-intensity aerobic activities:

- brisk walking (at least 2.5 miles per hour)
- water aerobics
- dancing (ballroom or social)
- gardening
- tennis (doubles)
- biking slower than 10 miles per hour

Vigorous intensity activities will push your body a little further. They will require a higher amount of effort. You’ll probably get warm and begin to sweat. You won’t be able to talk much without getting out of breath.

### Examples of vigorous-intensity aerobic activities:

- hiking uphill or with a heavy backpack
- running
- swimming laps
- aerobic dancing
- heavy yardwork like continuous digging or hoeing
- tennis (singles)
- cycling 10 miles per hour or faster
- jumping rope

Knowing your target heart rate can also help you track the intensity of your activities.

### **How to Calculate Target Heart Rate:**

Your maximum heart rate is about 220 minus your age. Target heart rate during moderate intensity activities is about 50-70% of maximum heart rate, while during vigorous physical activity it's about 70-85% of maximum.

For maximum benefits, include both aerobic activity in your routine along with strengthening and stretching exercises.

Sources:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>