

MODERATE-INTENSITY AEROBIC ACTIVITY

Every week (e.g., brisk walking)

MUSCLE-STRENGTHENING ACTIVITIES

Work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

OR**VIGOROUS-INTENSITY AEROBIC ACTIVITY**

Every week (e.g., jogging or running)

MUSCLE-STRENGTHENING ACTIVITIES

Work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

OR**AN EQUIVALENT MIX OF MODERATE- AND
VIGOROUS-INTENSITY AEROBIC ACTIVITY****MUSCLE-STRENGTHENING ACTIVITIES**

Work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

&**150 MINUTES**

(2 HOURS AND 30 MINUTES)

**2 OR MORE
DAYS A WEEK****&****75 MINUTES**

(1 HOUR AND 15 MINUTES)

**2 OR MORE
DAYS A WEEK****&****150 MINUTES**

(2 HOURS AND 30 MINUTES)

**2 OR MORE
DAYS A WEEK**

Easy ways to get up and moving

- Take a walk or jog around a park, nature trail or mall
- Dance! Teach each other fun dances or make up your own
- Ride a bike (be sure to wear a helmet)
- Take the stairs
- Play family games such as tag, hide-and-seek or kickball
- Play sports, such as volleyball, basketball or tennis
- Wash the car and bikes
- Do yardwork or play in the sprinklers
- Go swimming or take water aerobics
- Take a yoga break or stretch
- Play at a playground