

2008 CDC Physical Activity Guidelines

For substantial health benefits, adults need to do at least • 2 hours and 30 minutes (150 minutes) each week of moderate-intensity* aerobic activity, OR • 1 hour and 15 minutes (75 minutes) each week of vigorous-intensity* aerobic activity, OR • An equivalent mix of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be performed for at least 10 minutes at a time, preferably, spread throughout the week.

Muscle strengthening should be done 2 or more days a week. • All major muscle groups should be worked. These are the legs, hips, back, abdomen, chest, shoulders, and arms. • Exercises for each muscle group should be repeated 8 to 12 times per set. As exercises become easier, increase the weight or do another set.