

# 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**



American Heart Association®  
**Hard Hats with Heart™**

