



HOW MUCH PHYSICAL ACTIVITY DO I NEED?

These are the American Heart Association recommendations for adults:

MODERATE-INTENSITY AEROBIC ACTIVITY
At least **150 MINUTES PER WEEK**
Spread over **5 DAYS**

- OR -

VIGOROUS AEROBIC ACTIVITY
At least **75 MINUTES PER WEEK**
Spread over **3 DAYS**



HOW MUCH PHYSICAL ACTIVITY DO I NEED?

Along with Aerobic Activity, add in:



MODERATE TO HIGH INTENSITY MUSCLE STRENGTHENING ACTIVITY

At least **2 DAYS A WEEK**

YOU'LL FEEL BETTER

Physical activity is linked to better sleep, memory, balance, and cognitive ability. Physical activity can lead to lower risk of weight gain, chronic disease, dementia, and depression.

JUST KEEP MOVING

It's one of the most important things you can do for your health and well-being.



American Heart Association.
Hard Hats with Heart™

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