

Get Active!



According to the 2008 Physical Activity Guidelines for Americans, adults need at least **150 minutes of weekly moderate-intensity aerobic activity** OR **75 minutes of vigorous-intensity weekly aerobic activity** OR an **equivalent combination of moderate- and vigorous-intensity weekly aerobic activity + muscle-strengthening activities 2 or more days each week that work all major muscle groups.**

Worried about how you're going to meet the weekly physical activity guidelines? Don't be! There are endless ways to get moving, and any moderate- or vigorous-intensity activity counts—just make sure you're logging at least 10 minutes at a time. If you're not sure where to begin, following are some sample weekly activity routines you may want to try.

| Routine | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|-----------------------|--|-----------------------------|----------------------|----------------------|----------------------|---------------------------|
| 1 | 30 min brisk walking | 30 min brisk walking | 30 min brisk walking | Weight training | 30 min brisk walking | 30 min brisk walking | Resistance band exercises |
| 2 | Heavy gardening | 30 min brisk walking | 60 min softball | 30 min brisk walking | 30 min mowing lawn | | Heavy gardening |
| 3 | | 25 min jogging | Weight training | 25 min jogging | Weight training | 25 min jogging | |
| 4 | Weight training | 25 min swimming laps | | 25 min running | Weight training | | 25 min singles tennis |
| 5 | 30 min brisk walking | 15 min jogging | Resistance band exercises | 30 min brisk walking | Weight training | 15 min jogging | 30 min brisk walking |
| 6 | 30 min water aerobics | 30 min jogging | 30 min brisk walking + Yoga | | 30 min brisk walking | | Yoga |
| 7 | 45 min doubles tennis | 45 min brisk walking + Weight training | | Rock climbing | | | 30 min vigorous hiking |

Source: Centers for Disease Control and Prevention (www.cdc.gov)

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