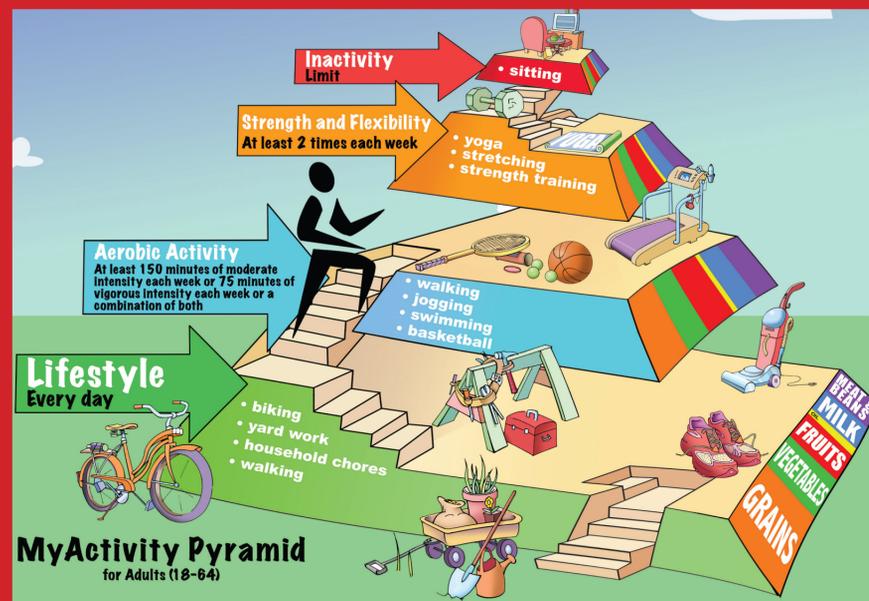


MyActivity Pyramid

for Adults (18 to 64)



How much physical activity do I need?

- Most health benefits occur with at least 150 minutes (two hours and 30 minutes) per week of moderate-intensity physical activity.
- For additional health benefits, increase aerobic physical activity to:
 - ◆ 300 minutes (five hours) a week of moderate-intensity physical activity OR
 - ◆ 150 minutes a week of vigorous-intensity aerobic physical activity OR
 - ◆ A combination of both

Why is being physically active important?

- Improves self-esteem and well-being
- Helps build and maintain bones, muscles and joints
- Builds endurance and muscle strength
- Enhances flexibility and posture
- Helps manage weight
- Lowers risk of heart disease, colon cancer and type II diabetes
- Helps control blood pressure
- Can help reduce feelings of depression and anxiety
- Improves sleep



Lifestyle activities

Do as often as possible

- Pick an activity you like and one that fits your lifestyle
- Some physical activity is better than none

Everyday activities

- Biking
- Household chores
- Yard work
- Walking

Aerobic activity

What does it do?

- Speeds heart rate and breathing, and improves heart and lung fitness.

Includes:

- Walking
- Jogging
- Swimming
- Basketball

How much do I need?

- At least 150 minutes (two hours and 30 minutes) of moderate intensity each week (e.g., 30 minutes, five days per week) OR
- At least 75 minutes (one hour and 15 minutes) of vigorous intensity each week (e.g., 25 minutes, three days per week) OR
- Equivalent mix of moderate- and vigorous-intensity aerobic activity

Spread physical activity throughout the week and do at least 10 minutes at a time.



What's the difference between moderate and vigorous intensity?

Moderate-intensity activity: You can talk while you do it, but you can't sing.

- Walking briskly (3 miles per hour)
- Ballroom dancing
- Bicycling
- Water aerobics
- Gardening/yard work

Vigorous-intensity activity: You can only say a few words without stopping to catch your breath.

- Running/jogging (5 miles per hour)
- Bicycling (10 miles per hour or faster)
- Swimming laps
- Competitive sports (basketball, soccer, volleyball)
- Aerobic dancing
- Heavy yard work, like chopping wood

You can do a combination of moderate- and vigorous-intensity activities.

Strength



What does it do?

- Helps build and maintain bones and muscles by working them against gravity
- Increases strength
- Improves balance

Includes:

- Resistance, strength training and weight-bearing activity
 - ◆ Lifting weights
 - ◆ Push-ups, pull-ups, sit-ups
 - ◆ Carrying a child

How much do I need?

- At least two times each week
- Include all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms)

Flexibility

What does it do?

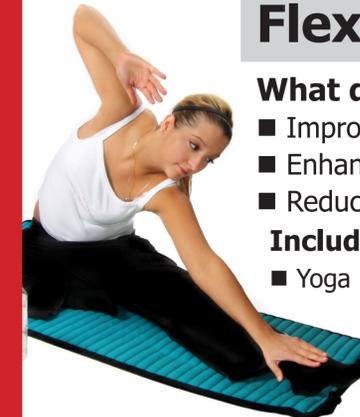
- Improves freedom of movement
- Enhances physical stability and balance
- Reduces risk of injury

Includes:

- Yoga
- Stretching
- Martial arts
- Tai chi

How much do I need?

- At least two days each week
- At least 10 minutes each time



Limit inactivity

- Screen time (TV, computer, video games)
- Sitting longer than 60 minutes



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