



# 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** at least



- OR -

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



American Heart Association  
Hard Hats with Heart™



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

**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.

**MODERATE TO HIGH INTENSITY MUSCLE STRENGTHENING ACTIVITY**  
At least **2 DAYS A WEEK**



Along with Aerobic Activity, add in:

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