



There are a lot of ways to get the physical activity you need!

If you're thinking, "How can I meet the Guidelines each week?" don't worry. You'll be surprised by the variety of activities you have to choose from. Basically anything counts, as long as it's at a moderate- or vigorous-intensity for at least 10 minutes at a time. If you're not sure where to start, here are some examples of weekly activity routines you may want to try.

Moderate Aerobic Activity Routines



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity TOTAL
Example 1	30 minutes of brisk walking	30 minutes of brisk walking	Resistance band exercises	30 minutes of brisk walking	30 minutes of brisk walking	Resistance band exercises	30 minutes of brisk walking	150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening
Example 2	30 minutes of brisk walking	60 minutes of playing softball	30 minutes of brisk walking	30 minutes of mowing the lawn		Heavy gardening	Heavy gardening	150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening

Vigorous Aerobic Activity Routines



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity TOTAL
Example 3	25 minutes of jogging	Weight lifting	25 minutes of jogging	Weight lifting	25 minutes of jogging			75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening
Example 4	25 minutes of swimming laps		25 minutes of running	Weight training	25 minutes of singles tennis	Weight training		75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening

Mix of Moderate and Vigorous Aerobic Activity Routines



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Physical Activity TOTAL
Example 5	30 minutes of water aerobics	30 minutes of jogging	30 minutes of brisk walking Yoga		30 minutes of brisk walking	Yoga		90 minutes moderate-intensity aerobic activity AND 30 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening
Example 6	45 minutes of doubles tennis Weight lifting		climbing		30 minutes of vigorous hiking		45 minutes of doubles tennis	90 minutes moderate-intensity aerobic activity AND 30 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening