

# Exercise & Healthy Living

Adults need at least **150 minutes of moderate-intensity** aerobic physical activity each week  
or  
**75 minutes of vigorous-intensity** aerobic physical activity each week

Adults also need at least **2 days of muscle-strengthening** exercise in addition to aerobic exercise



## Moderate-Intensity

- Walking fast
- Water aerobics
- Riding a bike on level ground
- Playing doubles tennis
- Pushing a lawn mower



## Vigorous-Intensity

- Jogging/running
- Swimming laps
- Riding a bike fast or up a hill
- Playing singles tennis
- Playing basketball



## “Talk Test”

Can be used to gauge the intensity of your physical activity

If you are being active at a vigorous level, you will not be able to speak more than a few words without pausing for breath

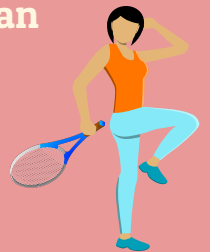
## Benefits of Exercise:

- Lowers risk for weight gain, obesity, and other chronic diseases
- Improves bone health and decreases risk of injury from falls
- Improves sleep, cognition, and leads to a better quality of life



## Motivation and Tips

- Remember: Any physical activity is better than no physical activity!
- Make a workout plan
- Make a playlist
- Try new things!



**Are you ready to SPRING INTO FITNESS???**

**Scan this QR code for additional resources!**

