

## 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
<b>Example 1</b>	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	<b>150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening</b>
<b>Example 2</b>	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	<b>150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening</b>

### Vigorous Aerobic Activity Routines

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

### Mix of Moderate and Vigorous Aerobic Activity Routines

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