

## Adults (18 – 64 years)

- At least 2 hours and 30 minutes of moderate intensity aerobic activity such as brisk walking, tennis or water aerobics per week
- At least 1 hour and 15 minutes of vigorous aerobic activity such as jogging, running or swimming per week
- On at least 2 days per week, incorporate moderate or high intensity muscle strengthening exercises such as weight lifting
- With the exception of sleeping, sedentary activities such as sitting or lying should be limited as much as possible

*The above guidelines should be altered based on a person's physical abilities or inabilities and/or current state of health.*