


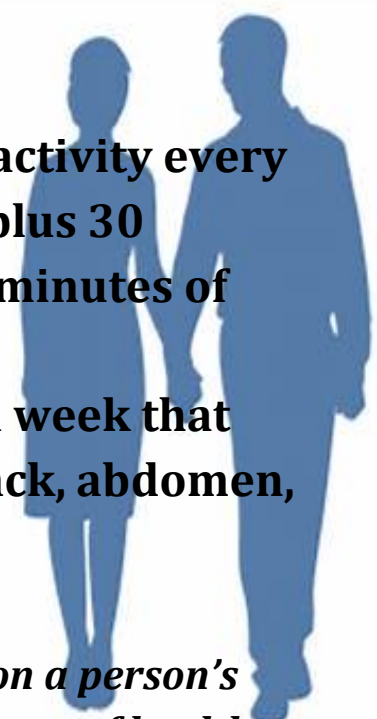
Adults (65 years and older)

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- At least 150 minutes of moderate aerobic activity such as cycling or walking every week, *and*
 - Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

OR

- 75 minutes of vigorous aerobic activity such as running or a game of singles tennis every week, *and*
- Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

OR

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- A mix of moderate and vigorous aerobic activity every week. For example, two 30-minute runs plus 30 minutes of brisk walking equates to 150 minutes of moderate aerobic activity, *and*
 - Strength exercises on two or more days a week that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms)

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