Lifestyle Activity

Moderate Activity

- Brisk walking
- Heavy cleaning (washing windows, vacuuming, mopping)
- Mowing lawn (power mower)
- Light bicycling
- Recreational badminton
- Tennis doubles

Vigorous Activity

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Basketball game
- Soccer game
- Tennis singles

**A limitation of labeling activities this way is that it does not consider the fact that some people have a higher level of fitness than others. It is important to tailor your activity to your own fitness level.*

Guidelines

The recommendation for adults 18-64 years old is to do at least 150-300 minutes of moderate intensity or 75-150 minutes of vigorous intensity activity weekly along with two or more days weekly of strength training. The more physical activity, the more benefit, but any amount of exercise is better than none. Working with a certified exercise specialist such as a kinesiologist, exercise physiologist, physical therapist, or certified personal trainer is the safest and most reliable way to begin an exercise program.

Activity Types

Aerobic or endurance activities include running, swimming, biking, hiking, playing sports, dancing and brisk walking.

Strength or resistance activities include weight lifting, pushing a wheelchair/stroller, kettlebells and body weight exercises such as squats, lunges, pushups, sit-ups etc.

Flexibility activities include stretching and some forms of yoga.

Balance activities include tai chi, qi gong and some forms of yoga.

Warning/Disclaimer: always talk to your doctor before starting a new activity

Activity Goals

Setting a goal is a great way to get started with physical activity. It's easier to achieve positive goals. An example of a positive activity goal is, "I will walk with a friend or family member for at least 20 minutes after dinner, every weekday for the next two months."

Specific - What specific activity would you like to add/change?

Measurable - How much activity, how many sessions?

Attainable - Do you have what it takes to follow through?

Realistic - What can you actually do? (know your limits, start small, build)

Time-Connected - How frequent or how long will you do the activity?



Helpful resources:

exerciseismedicine.org

Walk With a Doc: walkwithadoc.org

CDC: cdc.gov/physicalactivity

Find a Trainer Near You: usreps.org

2019 Physical Activity Guidelines: health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf

ACE Exercise Library: acefitness.org

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