

GUIDELINES FOR AEROBIC EXERCISE

WEEKLY RECOMMENDATIONS

To support overall health and fitness, it's essential to incorporate both cardiovascular exercise and muscle-strengthening activities into your weekly routine:

1. Cardiovascular Exercise:

- Aim for 150 minutes of moderate-intensity cardio or 75 minutes of vigorous-intensity exercise each week.
- You can also combine the two intensities. For instance, 1 minute of vigorous exercise counts roughly the same as 2 minutes of moderate exercise.
- A simple way to break this down:
 - 30 minutes a day, 5 days a week of moderate activity equals the recommended 150 minutes.
 - Alternatively, 15 minutes a day, 5 days a week of vigorous activity meets the 75-minute guideline.

2. Strength Training:

- Include at least two sessions per week of muscle-strengthening exercises.
- Activities might involve lifting weights, bodyweight exercises (like pushups or squats), using resistance bands, or engaging in heavy manual labor like shoveling.

UNDERSTANDING EXERCISE INTENSITY

To tailor your routine, consider how hard your body is working during physical activities.

MODERATE-INTENSITY EXERCISE

In moderate cardio, you'll notice a slight increase in breathing and sweating, but the effort remains sustainable. You can maintain the activity without feeling overly fatigued. It might even feel like a casual workout. Examples include:

- Brisk walking at about 3 mph (a natural, steady pace).
- Light cycling on flat terrain or using a stationary bike at a low, steady pace.
- Doing housework or yard work, like window washing or mowing the lawn with a power mower.
- Engaging in recreational activities such as playing croquet, table tennis, or ice skating.
- Dancing styles like modern dance or fast-paced ballroom dance.
- Light sports like volleyball or singles tennis.

VIGOROUS-INTENSITY EXERCISE

Vigorous exercise pushes your body harder, making it more challenging to sustain for long periods. You'll breathe more heavily and may struggle to talk during the activity. This level includes activities like:

- Running or jogging at a faster pace.
- Bicycling uphill or at higher resistance levels.
- Completing a challenging CrossFit workout.
- Swimming laps.

- Playing competitive sports, such as soccer, basketball, or hockey.
- Doing strenuous yard work, like chopping wood or using a push mower.

Examples of vigorous activities:

- Race walking at speeds of 5+ mph.
- Walking uphill or with a heavy backpack (12+ lbs).
- Bicycling at 12 mph or faster.
- Intense aerobic exercises or swimming laps.
- High-energy sports like hockey or competitive basketball.

A FLEXIBLE APPROACH

Remember, these guidelines are adaptable to your lifestyle and fitness level. Whether you enjoy brisk walks, dance classes, or team sports, find what excites you and make it part of your weekly routine. Every bit of movement counts, so start where you are and build up gradually for the best results.