

Physical Activity Requirements

This is an area that always seems confusing to people because there are so many different programs and opinions out there. However, the U.S. Surgeon General recommends the following for physical activity:

For Adults

- To reduce the risk of chronic disease, adults should accumulate 30 minutes or more of moderate intensity physical activity on five or more days per week.
- or
- Adults can participate in vigorous exercise for 20 minutes or more on three or more days per week.

Moderate activities: brisk walk, bicycling on level ground, mowing the lawn, etc.

Vigorous activities: running, bicycling on hills, aerobic classes, cross country skiing, etc.

For Children and Adolescents

The recommended guidelines for this group include:

- 30 to 60 minutes of at least moderate intensity activity accumulated throughout the day
- Adolescents should be physically active daily or nearly every day as part of their lifestyle OR they may engage in 3 or more sessions per week of moderate to vigorous activity that last 20 minutes in duration