

Let's talk

# PHYSICAL ACTIVITY



## How much exercise?

The Centers for Disease Control (CDC) recommends the following for optimal amount of exercise:

- moderate-intensity aerobic activity (for example a brisk walk) for 150 minutes every week, this comes out to 30 minutes 5 days a week or...
- vigorous-intensity aerobic activity (such as running) for 75 minutes per week (25 minutes 3 days a week) or...
- a mixture of moderate and vigorous aerobic activity at least 2 days of the week
- And muscle-strengthening activities such as weightlifting or resistance training on 2 or more days a week that work all major muscle groups

## What kinds of exercise?

It is recommended to get a mixture of both aerobic and muscle-strengthening exercises.

- Aerobic (increases breathing and heart rate)
  - walking
  - jogging/running
  - biking
  - swimming
  - sports
- Muscle strengthening
  - lifting weights
  - body weight exercises (push-ups, pulls-ups, lunges, etc.)
  - resistance bands
  - heavy tasks like shoveling

## Tips

- find activities that you enjoy
- get a work out friend to keep you accountable
- track your progress
- have a realistic goal in mind
- schedule workouts like you would a meeting or class
- keep physical activities interesting by trying new things
- be patient with yourself



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