

# Physical Activity Guidelines

Physical activity is anything that gets your body moving. According to the current physical activity guidelines, two types of physical activity are recommended to improve your health: aerobic activity and muscle-strengthening activity. These guidelines are for healthy adults that have been approved to exercise by their doctor. Talk to your doctor before starting a new exercise program.



## Adults need at least:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week  
**and**  
muscle-strengthening activities on 2 or more days a week that work all major muscle groups

OR

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week  
**and**  
muscle-strengthening activities on 2 or more days a week that work all major muscle groups

OR

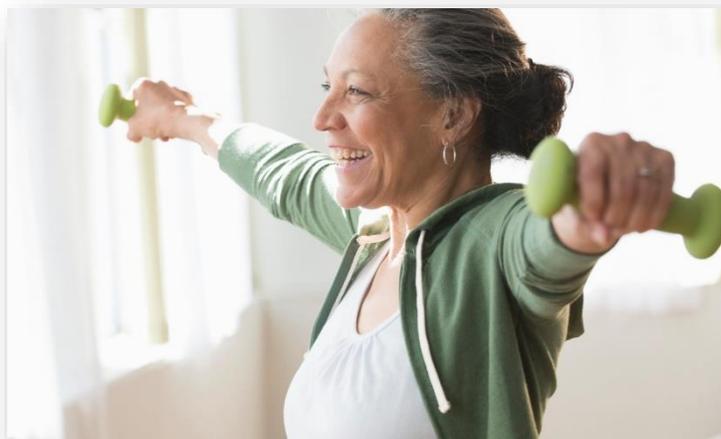
An equivalent mix of moderate- and vigorous-intensity aerobic activity  
**and**  
muscle-strengthening activities on 2 or more days a week that work all major muscle groups



# Physical Activity Guidelines

## 10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time. It is about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you do not have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you are doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.



### The Benefits of Physical Activity

Regular exercise is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. All adults should avoid inactivity. Some physical activity is better than none, and adults who participate in any amount of physical activity gain some health benefits. More time equals more health benefits.

**Did you know that Princeton University provides FREE Health Coaching to benefits-eligible employees and dependents?**

**Call 866-237-0973 to schedule a free, confidential appointment.**

Source: Adapted from Centers for Disease Control and Prevention



The information contained herein is provided for educational and informational purposes only and should not be construed as medical advice. You should consult your physician or health care provider before taking any new medication or supplement, undertaking any exercise program or diet regimen, or adhering to any of the health and wellness information or recommendations contained herein.