

# WEEKLY EXERCISE RECOMMENDATIONS

BY CFW HEALTH AND FITNESS PRO: KIM POOLE

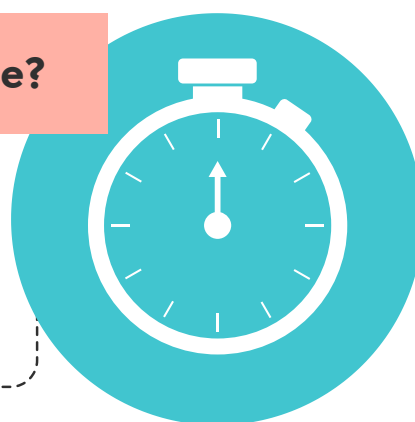


**Q: How much exercise do I need?**

**A:** Adults need, at minimum, **150 minutes of moderate-intensity aerobic activity** (or **75 minutes of vigorous-intensity aerobic activity**) and **2 days of muscle strengthening activity per week**. However, if you go beyond these recommendations, you'll gain additional health benefits!

**Q: Do I have to do it all at once?**

**A: No!** In fact, it can be more beneficial to spread your activity out during the week and break it up into smaller chunks of time. A good place to start is to do **30 minutes of aerobic exercise, 5 days a week**. Even shorter bouts of activity offer benefits - if you can't fit in one 30-minute walk, do a few 5-minute walks instead.



**Q: What's the difference between moderate and vigorous-intensity exercise?**

**A: Moderate-intensity exercise** means you're working hard enough to raise your heart rate and break a sweat; you can still talk without being too out of breath (fast walking, water aerobics, etc.). **Vigorous-intensity exercise** means that you're breathing hard and fast; you won't be able to say more than a few words without pausing for a breath (jogging/running, swimming laps, etc.).



**Q: What muscle-strengthening activities count?**

**A: Activities that strengthen your muscles should work all the major muscle groups of your body** - legs, hips, back, chest, abdominals, shoulders, and arms, and should be done in addition to your aerobic activity. You can lift weights, work with resistance bands, do bodyweight exercises, or take a Pilates or Power Yoga class.

