

MyActivity Pyramid

for Adults

Inactivity
Limit



• sitting

Strength and Balance
At least 2 times each week



• yoga
• tai chi
• strength training
• body-weight exercises

Aerobic Activity
At least 150-300 minutes
of moderate intensity each
week or 75-150 minutes
of vigorous intensity

• walking
• jogging
• swimming
• basketball



Lifestyle
Every day

• biking
• yard work
• household chores
• walking



MyActivity Pyramid

Lifestyle Activities	Aerobic Activity	Strength and Balance	Inactivity
As often as possible	<p>At least 150–300 minutes (2.5 to 5 hours) of moderate intensity each week Or 75–150 minutes (1.25 to 2.5 hours) of vigorous intensity each week*</p> <p><i>*or do a combination of moderate- and vigorous-intensity activities. Aerobic activities should be spread throughout the week.</i></p>	<p>At least 2 times each week*</p> <p><i>*Aim for at least 10 minutes per day of stretching exercises to increase range of motion and flexibility.</i></p>	Limit
<ul style="list-style-type: none"> • Pick an activity you like and one that fits your life. • Some physical activity is better than none. 	<p>What is a moderate-intensity activity?</p> <ul style="list-style-type: none"> • You can talk while you do it, but you can't sing. <p>What is a vigorous-intensity activity?</p> <ul style="list-style-type: none"> • You can only say a few words without stopping to catch your breath. 	<p>Strength</p> <ul style="list-style-type: none"> • include all major muscle groups • moderate or greater intensity <p>Balance</p> <ul style="list-style-type: none"> • include activities that challenge balance, such as standing on one leg, walking backwards, tai chi, or using a wobble board. 	<ul style="list-style-type: none"> • Screen time (television, computer, video games). • Sitting longer than 60 minutes.
<p>Major research findings about the health benefits of physical activity from the Physical Activity Guidelines for Americans:</p> <ul style="list-style-type: none"> • Regular physical activity reduces the risk of many adverse health outcomes such as heart disease, type 2 diabetes, and some cancers. • Most health benefits occur with at least 150 minutes (2 hours and 30 min.) a week of moderate-intensity physical activity. • For additional health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or a combination of both. Additional benefits include lower risk of colon and breast cancer and prevention of unhealthy weight gain. • People with disabilities can also benefit from physical activity. 		<p>Physical Activity Guidelines are also available for the following:</p> <ul style="list-style-type: none"> • Children and adolescents • Women during pregnancy and the postpartum period • Adults with disabilities • Adults and older adults with chronic health conditions and disabilities can also benefit from physical activity and should follow these guidelines as much as they are able. If they are not able to meet the guidelines, they should engage in regular physical activity according to their abilities and avoid inactivity <p>To learn more about these guidelines visit: www.health.gov/paguidelines</p>	