

MyActivity Pyramid

for Adults (65+)

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
- dancing



Lifestyle

Every day

- yard work
- household chores
- using stairs



MyActivity Pyramid

Lifestyle Activities	Aerobic Activity	Strength and Balance	Inactivity
As often as possible Aim for at least 10 minutes per day of stretching exercises to increase range of motion and flexibility.	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* <i>*or do a combination of moderate- and vigorous-intensity activities. Aerobic activities should be spread throughout the week.</i>	At least 2 times each week	Limit
• Pick an activity you like and one that fits your life. • Some physical activity is better than none.	What is a moderate-intensity activity? • You can talk while you do it, but you can't sing. What is a vigorous-intensity activity? • You can only say a few words without stopping to catch your breath.	Strength • include all major muscle groups • moderate or greater intensity Balance • include activities that challenge balance, such as standing on one leg, walking backwards, tai chi, or using a wobble board.	• Screen time (television, computer, video games). • Sitting longer than 60 minutes.
Major research findings about the health benefits of physical activity from the Physical Activity Guidelines for Americans: • 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 and chronic conditions can also benefit from physical activity.		Physical Activity Guidelines are also available for the following: • Children and adolescents • Women during pregnancy and the postpartum period • Adults with disabilities • Adults and older adults with chronic conditions or disabilities benefit from physical activity and should follow these guidelines as much as possible. If unable to meet them, they should remain as active as their abilities allow, avoid inactivity, and consult a healthcare professional about appropriate types and amounts of activity. To learn more visit the Office of Disease Prevention and Health Promotion website (odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines)	

