



American Heart Association®

Hard Hats with Heart™



## Toolbox Talks

## Physical Activity Recommendations

Are you fitting in at least 150 minutes (2.5 hours) of heart-pumping physical activity per week? If not, you're not alone. Only about one in five adults and teens get enough exercise to maintain good health.

### Recommendations for Adults

- Get at least **150 minutes per week of moderate-intensity aerobic activity** or **75 minutes per week of vigorous aerobic activity**, or a combination of both, preferably spread throughout the week.
- Spend less time sitting. Even light intensity activity can offset some of the risks of being sedentary.
- Add moderate to high-intensity muscle-strengthening activities (such as weights) at least 2 days per week.
- Gain even more benefits by being active at least 300 minutes (5 hours) per week.
- Increase the amount and intensity of your workouts gradually over time.

### What is intensity?

**Physical activity** is anything that moves your body and burns calories. This includes things like walking, climbing stairs and stretching. **Aerobic (or "cardio") activity** gets your heart rate up and benefits your heart by improving cardiorespiratory fitness. When you exercise at a moderate intensity, your heart will beat faster and you'll breathe harder than normal, but you'll still be able to talk. Think of it as a medium or moderate amount of effort.

### Examples of moderate-intensity aerobic activities:

- Brisk walking (at least 2.5 mph)
- Water aerobics
- Tennis (doubles)
- Biking (slower than 10 mph)

### Examples of vigorous-intensity aerobic activities:

- Hiking uphill or with a heavy backpack
- Running
- Swimming laps
- Tennis (singles)
- Cycling 10 mph or faster
- Jumping rope

### Frequently Asked Questions:

**What are some ways to stay active in the cold?**  
Group classes are great, and there are a ton of options available to stream online!

### Discussion Question:

- What is your go-to form of physical activity?