



HOW TO FOLLOW THE UPDATED PHYSICAL ACTIVITY GUIDELINES

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Why should I be physically active?

- Reduce the risk of chronic heart disease
- Reduce other health risk factors (diabetes, hypertension, and high cholesterol)
- Weight management (obesity)
- Improve performance level

Recommendations for Aerobic Exercise

- Ages 18 – 65 years
- For Males and Females
- Should be done **in addition** to regular activities of daily living
- **Choose** whether you can work out 5 days a week OR 3 days a week

Five Days A Week

- Exercise for 30 minutes or more a day
- At moderate intensity (e.g., walking, easy breathing, and able to talk)
- Choose an activity that noticeably increases heart rate
- 30 minutes can be accumulated over separate workouts in the course of a day
- Separate workouts must last for **at least** 10 minutes

Three Days A Week

- Exercise for 20 minutes or more a day
- At vigorous intensity (e.g., jogging, heavy breathing, and unable to talk)
- Choose an activity that has a substantial increase in heart rate
- 20 minutes can be accumulated over separate workouts in the course of a day
- Separate workouts must last for **at least** 10 minutes

Recommendations for Strength Training

- A **minimum** of 2 days per week
- These workouts should be done on non-consecutive days
- At each workout, perform at least 8-10 exercises per workout
- Each exercise should be performed for 8-12 repetitions (repetition = number of times weight is lifted)
- Exercises chosen should involve the major muscle groups

Recommendations for Weight Loss

These are recommendations for previously sedentary individuals with a BMI > 25 (BMI = weight (kg)/ height (m²))

- Reduce body weight by 5 - 10%
- Increase to a minimum of 150 minutes a week of physical activity
- Reduce calorie intake by 500 - 1000 per day
- Reduce the amounts of fatty foods eaten
- Should slowly progress to 200 - 300 minutes per week of physical activity
- Incorporate strength training **along with** an endurance exercise program

HEALTHY WEIGHT LOSS GOAL: Lose 1 to 2 pounds of weight per week

Examples of moderate amounts of physical activity		
Common Chores	Less Vigorous More Time	Sporting Activities
Washing and waxing a car for 45-60 minutes	↑ More Vigorous Less Time ↓	Playing volleyball for 45-60 minutes
Washing windows or floors for 45-60 minutes		Playing touch football for 45 minutes
Gardening for 30-45 minutes		Walking 1 1/2 miles in 30 minutes
Wheeling self in wheelchair 30-40 minutes		200 minutes/mile
Pushing a stroller 1 1/2 miles in 30 minutes		Basketball (shooting baskets) 30 minutes
Raking leaves for 30 minutes		Bicycling 5 miles in 30 minutes
Walking 2 miles in 30 minutes (1.5 minutes/mile)		Dancing fast (social) for 30 minutes
Shoveling snow for 15 minutes		Water aerobics for 30 minutes
Star walking for 15 minutes		Swimming laps for 20 minutes
		Basketball (playing game) for 15-20 minutes
	Bicycling 4 miles in 15 minutes	
	Jumping rope for 15 minutes	
	Running 1 1/2 miles in 15 minutes (10 minute/mile)	

Source: www.surgeongeneral.gov/topics/obesity/calltoaction/fact_whatcanyoudo.htm

TABLE 2. Minutes of continuous activity necessary to expend 300 kcal based on body weight.

Conditioning exercises	Body Weight (lb)													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
Cycling														
Stationary	66	61	57	53	50	47	44	42	40	38	36	35	33	32
Outdoor (leisure)	83	76	71	66	62	58	55	52	50	47	45	43	41	40
Walking (level)														
2.5 mph	110	102	94	88	83	78	73	70	66	63	60	58	55	53
3.0 mph	94	87	81	76	71	67	63	60	57	54	52	49	47	45
3.5 mph	83	76	71	66	62	58	55	52	50	47	45	43	41	40
Water aerobics	83	76	71	66	62	58	55	52	50	47	45	43	41	40
Lap swimming	41	38	36	33	31	29	28	26	25	23	22	21	20	19
Yoga	83	76	71	66	62	58	55	52	50	47	45	43	41	40
Resistance exercise														
Dancing														
Aerobic dance	55	51	47	44	41	39	37	35	33	31	30	29	28	26
Low-impact aerobic dance	66	61	57	53	50	47	44	42	40	38	36	35	33	32
Ballroom dance (fast)	60	56	52	48	45	42	40	38	36	34	33	31	30	29
Ballroom dance (slow)	110	102	94	88	83	78	73	70	66	63	60	58	55	53
Urethra activities														
Golf (walking)	73	68	63	59	55	52	49	46	44	42	40	38	37	35
Raking the lawn mower	83	76	71	66	62	58	55	52	50	47	45	43	41	40
Lawn mowing	73	68	63	59	55	52	49	46	44	42	40	38	37	35
Making power mower	132	122	113	106	99	93	88	84	79	76	72	69	66	63
Riding mower	132	122	113	106	99	93	88	84	79	76	72	69	66	63
Vacuuming/sweeping	132	122	113	106	99	93	88	84	79	76	72	69	66	63

The table shows the minutes required to burn 300 kcal for an exercise depending on body weight.

(Jakicic, et al., 2001).

Example Workout:

- Below is an example of a minimum weekly workout schedule.
- The schedule shows the required amount of time per week for both aerobic and strength training.
- This is just a rough guideline that can be followed to meet the required recommendations for physical activity.
- It's important to incorporate both aerobic and strength training to a weekly exercise program.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerobic Training		30 min.	30 min.		30 min.	30 mins	30 mins
Strength Training			30 min.				

Benefits of Greater Amounts of Exercise

If you are already active, and want to focus on maintenance or improve performance, increase your activity bouts to 60 minutes per day.

- Further reduces the risk for premature chronic health conditions
- Promotes and maintains skeletal health
- Prevents unhealthy weight gain
- Increases weight loss

REFERENCES:

Haskell, et al., (2007). Physical Activity and Public Health: Updated Recommendations for Adults from the American College of Sports Medicine and the American Heart Association. *Medicine and Science in Sports and Exercise*, 39(8), 1423-1431.
Jakicic, et al., (2001). Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine and Science in Sports and Exercise*, 33(12), 2145-2156.