



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?