

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30** minutes of *moderate-intensity* aerobic activity **At least 5** days per week for a total of **150** minutes



OR

At least **25** minutes of *vigorous* aerobic activity **At least 3** days per week for a total of **75** minutes



or a *combination* of the *two*

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity **At least 2** days per week for additional health benefits



For Lowering Blood Pressure and Cholesterol:

An average of **40** minutes of *moderate- to vigorous-intensity* aerobic activity **3 or 4** days per week

