

# HOW MUCH PHYSICAL ACTIVITY IS NEEDED FOR GOOD HEALTH?

FOR ADULTS AND OLDER ADULTS

MINUTES PER WEEK

*More is better and provides additional health benefits*



**75** OR **150**

Vigorous Intensity

OR

Moderate Intensity

*Something is better than nothing*



OR  
a combination of both

FOR CHILDREN

AIM FOR AT LEAST

**60**

Minutes everyday



FOR OLDER ADULTS with poor mobility

PERFORM PHYSICAL ACTIVITY

**3** or more days per week

to enhance balance and prevent falls on

EVERYONE

PERFORM MUSCLE-STRENGTHENING ACTIVITIES

Involving major muscle groups, on

**2** or more days a week



*Start small and increase gradually*