

24 HOUR FITNESS® EXERCISE GUIDELINES



Consult your doctor before beginning any exercise program. These materials are not intended to be used for the diagnosis or treatment of a health problem or as a substitute for consulting a licensed medical professional.

	ADOLESCENTS Ages 11–17	ADULTS Ages 18–64	OLDER ADULTS Ages 65 and older	PREGNANT & POSTPARTUM WOMEN
Remember to stretch every time you exercise, or at least 3 times per week.				
CARDIO EXERCISE	<p>5-7 DAYS PER WEEK</p> <p> Aerobic activity at either moderate intensity* or vigorous intensity**; with at least 3 days each week of vigorous-intensity** activity.</p> <p>ACTIVITY EXAMPLES</p> <p> Moderate-intensity: Skateboarding, bicycling or walking to school.</p> <p> Vigorous-intensity: Jumping rope or playing sports (i.e., soccer, basketball or ice/field hockey).</p>	<p>5 DAYS PER WEEK</p> <p> Moderate-intensity* activity OR Vigorous-intensity** activity</p> <p>INCREASE FOR ADDITIONAL HEALTH BENEFITS</p> <p> Moderate-intensity* activity OR Vigorous-intensity** activity</p> <p> TO Increase activity to help lose weight or maintain weight loss.</p> <p>ACTIVITY EXAMPLES</p> <p> Moderate-intensity: Raking leaves, playing golf, biking or car washing.</p> <p> Vigorous-intensity: Playing sports, climbing stairs or walking uphill.</p> <p>If you can't do this much, try to fit in 10 minute chunks of activity throughout your day. Every minute counts!</p>	<p>FOLLOW THE ADULT GUIDELINES</p> <p>If there are limitations due to chronic conditions, avoid being inactive and be as physically active as your abilities allow.</p> <p>ACTIVITY EXAMPLES</p> <p> Moderate-intensity: Ballroom dancing, brisk walking or water aerobics.</p> <p> Vigorous-intensity: Hiking or climbing stairs.</p>	<p>TALK WITH YOUR OBSTETRICIAN about recommended activity levels throughout your pregnancy and whether adjustments are needed to your exercise plan.</p> <p>5 DAYS PER WEEK</p> <p> Healthy women should participate in at least 30 minutes of moderate-intensity cardio activity.</p> <p>Women who regularly engage in vigorous-intensity cardio activity can continue this activity provided their health during pregnancy remains unchanged.</p> <p>ACTIVITY EXAMPLES</p> <p> Moderate-intensity: Swimming or brisk walking.</p> <p> Vigorous-intensity: Stationary bicycling. Pregnant women should avoid activities that involve lying on the back or that pose a risk of falling or abdominal injury.</p>
	STRENGTH EXERCISE	<p>3 DAYS PER WEEK</p> <p>Structured around light resistance, controlled movement and proper technique to minimize risk of injury.</p> <p>ACTIVITY EXAMPLES</p> <p> Muscle-strengthening: Gymnastics or rope climbing.</p>	<p>2-3 DAYS PER WEEK</p> <p>8–10 strength training exercises with 8–12 repetitions of each exercise (with at least one day of rest in between). Include exercises for all major muscle groups.</p> <p>ACTIVITY EXAMPLES</p> <p> Muscle-strengthening: Sit-ups or push-ups.</p>	<p>FOLLOW THE ADULT GUIDELINES as much as your abilities will allow</p> <p>Do exercises that maintain or improve your balance, strengthen your core and increase your flexibility.</p> <p>ACTIVITY EXAMPLES</p> <p> Muscle-strengthening: Walking backwards or on your toes, Tai Chi (a form of martial arts).</p>

Adolescents and adults with disabilities should work with their health care provider to identify the types and amounts of physical activity appropriate for them. Whenever possible, adolescents and adults with disabilities should meet the physical activity guidelines for their age group or participate in as much activity as their condition allows.

On a scale of 0–10, with 0 equaling inactivity or rest and 10 equaling maximum effort: *moderate-intensity refers to activity that is usually performed at a 5 or 6 level of effort. **vigorous-intensity refers to activity that is usually performed at a 7 or 8 level of effort.

SOURCES

- 2008 Physical Activity Guidelines for Americans, U.S. Department of Health and Human Services. Available at <http://www.health.gov/paguidelines/pdf/paguide.pdf>
- Strength Training: OK for Kids? Mayo Clinic. Available at <http://www.mayoclinic.com/health/strength-training/HQ01010>
- Physical Activity and Public Health: Updated Recommendations for Adults from the American College of Sports Medicine and the American Heart Association (2007). Available at http://www.acsm.org/AM/Template.cfm?Section=Home_Page&Template=/CM/ContentDisplay.cfm&ContentID=7788