PHYSICAL ACTIVITY GUIDELINES

NOW IS THE TIME. WALK, RUN OR WHEEL AND EMBRACE LIFE.

GUIDELINES FOR ADULTS 18 YEARS+
Accumulate at least 150 minutes of moderate-to-vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more.
Add muscle and bone strengthening activities using major muscle groups at least 2 days per week.
More physical activity provides greater health benefits.

INTENSITY
Moderate-intensity physical activities will cause adults to sweat a little and to breathe harder.
- Brisk walking
- Bike riding

Vigorous-intensity physical activities will cause adults to sweat and be ‘out of breath’.
- Jogging
- Cross-country skiing

Canadian Society for Exercise Physiology

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