

PHYSICAL ACTIVITY

HOW MUCH PHYSICAL ACTIVITY SHOULD ADULTS GET EACH WEEK?

AEROBIC

- 150–300 minutes of moderate-intensity activity, such as brisk walking
- 75–150 minutes of vigorous-intensity activity, such as jogging

RESISTANCE TRAINING

- Muscle-strengthening exercises 2 or more days per week for all major muscle groups
- These exercises can be done using body weight, weights, machines, and/or resistance bands.

WHERE TO START?

A little movement is better than none. Start off with a brisk walk for 10–15 minutes a day. You could take a morning walk before the day starts, during your lunch break, or at the end of the day. A walk is a great time to listen to your favorite music, catch up on podcasts, or call family and friends.

5 MINUTE HOME WORKOUT

01 BODYWEIGHT SQUATS

Stand with your feet hip-width apart. Lower your body down by the bending of the knees. Try to get your thigh parallel to the ground. Make sure to activate your core and keep strong. Grab onto something stable if you need a little extra support.



02 CALF RAISES

While standing up, raise yourself onto the balls of your feet to contract the calf muscles. Lower back down until heels are almost touching the floor and then raise yourself back up.

03 PUSH UPS

Lie on your stomach with your hands placed under your shoulders. Push your body up through your hands into a plank position. Make sure to activate your core. By using your arms, lower your body until it is parallel with the floor and then push back up into the plank position. Make these easier by performing them from your knees or leaning forward with your hands on the countertop.

04 TRICEP DIPS

With your back facing towards a stable chair, bench, or counter, place your hands on the surface with your fingers pointing forward. You may grip the edge. Bending at the elbows, lower and raise your body. Keep your back and legs straight with heels on the ground in front of you.



05 BODYWEIGHT LUNGES

Step one foot forward and lower your back knee until it is just about to touch the ground. Make sure that your front knee stays in line with your front foot, making a 90-degree angle. Stand back up straight by bringing the back foot next to the front foot. Grab something stable for support if needed.



Do each exercise 5–10 times. Add more repetitions and rounds as you progress. Use this setup as a framework and you'll be able to get your aerobics and resistance training in every day in no time.



References:
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