

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 **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

