

How much physical activity do adults need? <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

Physical activity is anything that gets your body moving. According to the *2008 Physical Activity Guidelines for Americans*, you need to do two types of physical activity each week to improve your health—aerobic and muscle-strengthening.

-  Adults need at least: 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week

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 muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week

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 muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
-   An equivalent mix of moderate- and vigorous-intensity aerobic activity &

 muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

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10 minutes at a time is fine

We know 150 minutes each week sounds like a lot of time, but it's not. That's 2 hours and 30 minutes, about the same amount of time you might spend watching a movie. The good news is that you can spread your activity out during the week, so you don't have to do it all at once. You can even break it up into smaller chunks of time during the day. It's about what works best for you, as long as you're doing physical activity at a moderate or vigorous effort for at least 10 minutes at a time.

Need more help with the guidelines?

[Watch this video:](#)



Windows Media Player, 4:43

[More videos](#)

<https://www.cdc.gov/physicalactivity/basics/videos/index.htm>

