

Physical activity guidelines for adults (19 to 64 years)

Try to be physically active every day,
any activity is better than none, and more is better still.

- Accumulate at least 150 minutes (2½ hours) of moderate intensity activity per week (such as brisk walking, dancing, cycling, hiking, water aerobics, pushing a lawn mower).

OR

- 75 minutes of vigorous intensity activity per week (such as running, jogging, swimming fast, cycling fast, football, hiking uphill, tennis, energetic dancing, martial arts).

OR

- A combination of both.

- PLUS
- Muscle strengthening activities on at least two days per week (such as yoga, pilates, tai chi, heavy gardening like digging or shovelling, push ups, sits ups, lifting hand weights).
 - Reduce extended periods of sitting.

