# Activity

AMERICAN COLLEGE OF Lifestyle Medicine

## Moderate Activity

- Fast walking
- Heavy cleaning (washing windows, vacuuming, mopping)
- Mowing the lawn (power mower)
- Light bicycling
- Recreational badminton
- Tennis doubles

## Intense Activity

- Hiking
- Jogging
- Shoveling
- Carrying heavy loads
- Bicycling fast
- Basketball game
- Soccer game
- Tennis singles

*Match your activity choices to your own fitness level.

## Guidelines

Adults aged 18-64 should aim to get 150-300 minutes of moderate exercise or 75-150 minutes of intense exercise each week, along with strength training on at least two days. There are also specific guidelines for older adults, pregnant women, and those with chronic conditions. The more exercise you do, the better, but any amount is better than none. It's safest to start a new exercise routine with the help of a certified expert like a kinesiologist, exercise physiologist, physical therapist, or personal trainer.

## Activity Types

Aerobic or endurance activities include running, swimming, biking, hiking, playing sports, dancing and fast walking.

Strength or resistance activities include lifting weights, pushing a wheelchair/stroller, using kettlebells and doing exercises like squats, lunges, pushups, sit-ups.

Flexibility activities include stretching and some types of yoga.

Balance activities include tai chi, qi gong and certain types of yoga.

Please Note: You should always talk to your doctor before starting a new activity.



## Activity Goals

Setting a goal is a great way to get started with physical activity. It's easier to achieve positive goals. An example of a positive activity goal is, "I will walk with a friend or family member for at least 20 minutes after dinner, every weekday for the next two months."

**Specific** - What would you like to add/change?

**Measurable** - How much or how many will you add or change?

**Achievable** - Will you be inspired or overwhelmed by this goal?

**Realistic** - Can you visualize success? (think about improvement over perfection)

**Time-bound** - How often or for how long will you make this change?

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