

Physical Activity Be Active Your Way

Physical Activity Guide for Adult Americans

<http://www.health.gov/PAGuidelines/factSheetAdults.aspx>

Aerobic Activities If you choose activities at a **moderate** level, do at least **2 hours and 30 minutes** a week.

If you choose **vigorous** activities, do at least **1 hour and 15 minutes** a week.

Muscle Strengthening Activities Do these at least **2 days** a week.

To get the most from your physical activity guidebook

[Read Part 1](#) if **you are getting started** and want to learn ways to add physical activity to your life. Find out about the many benefits of being active. Hear how others are taking small steps toward better health.

[Read Part 2](#) if **you are doing just a small amount of physical activity** and want to learn how to become more active.

[Read Part 3](#) if **you've been active for some time now** and want to raise your activity level. Also, learn how to **avoid injury**.

[Read Part 4](#) for a **quick summary** of what to do—and how much physical activity you need—to get the benefits of staying active. Use [these forms](#) to track your progress. Tracking helps you stay on course!

1. Getting Started <http://www.health.gov/PAGuidelines/adultguide/part1.aspx>
2. Making Physical Activity a Part of your Lifestyle
<http://www.health.gov/PAGuidelines/adultguide/part2.aspx>
3. Keeping it Up, Stepping it Up <http://www.health.gov/PAGuidelines/adultguide/part3.aspx>
4. Being Active for Life <http://www.health.gov/PAGuidelines/adultguide/part4.aspx>
5. Keeping Track of What you do Each Week
<http://www.health.gov/PAGuidelines/adultguide/keepingtrack.pdf>