



Get Moving!

Fun Activity Ideas for Adults

For more information on how you can get active and stay active, visit the [HPW Active Living Web page](#).

Physical activity is one of the most important ways to improve your health.¹ For most health outcomes, additional benefits occur as the amount of physical activity increases in intensity, frequency, or duration.¹ This fact sheet provides examples of fun ways for all ages to incorporate the recommended amount of aerobic physical activity each week. In addition to weekly aerobic activity, muscle strengthening physical activities should also be performed that use the body's muscles to work against an external force, often weights or other resistance.¹ And remember, some activity is always better than none!

Key Guidelines

Adults ages 18 to 64 should get at least 2 hours and 30 minutes of moderate-intensity (MI) aerobic physical activity each week OR 1 hour and 15 minutes of vigorous-intensity (VI) aerobic physical activity a week.¹ On at least two days each week, adults should also incorporate muscle strengthening exercises that work all major muscle groups.¹



MI

Washing a Car

Duration: 75 minutes
Repetition: 2 times/week



VI

Playing Racquetball

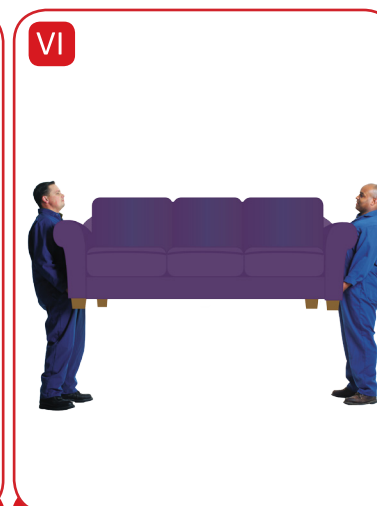
Duration: 25 minutes
Repetition: 3 times/week



MI

Coaching Kids' Sports

Duration: 50 minutes
Repetition: 3 times/week



VI

Moving Furniture/ Loading a Truck

Duration: 75 minutes
Repetition: once/week



VI

Jogging

Duration: 25 minutes
Repetition: 3 times/week



MI

Mowing the Lawn

Duration: 75 minutes
Repetition: 2 times/week



VI

Cycling

Duration: 25 minutes
Repetition: 3 times/week



MI

Pushing a Stroller

Duration: 30 minutes
Repetition: 5 times/week

References

1 U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. <http://www.health.gov/paguidelines/pdf/paguide.pdf>. Published October 2008. Accessed February 2015.

2 Centers for Disease Control and Prevention. General Physical Activities Defined by Level of Intensity. http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf. Accessed February 2015.



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