

A photograph of two hikers, a man and a woman, walking up a grassy hill. The man is in the foreground, wearing a blue shirt and a backpack, using a trekking pole. The woman is slightly behind him, wearing an orange shirt and dark pants, also using a trekking pole. They are both looking towards the right. The background shows rolling hills under a clear sky.

BUILD A HABIT OF PHYSICAL ACTIVITY

FOR ADULTS
AGED 18-64

BENEFITS

Most adults would benefit from increasing their levels of physical activity. **People who are regularly active live longer and happier lives** by:

Improving sleep, reducing cancer risk, increasing physical capacities, reducing blood pressure, building stronger muscles and bones, improving brain function, reducing excess bodyweight, increasing independence, controlling blood sugar levels, and improving mental health.

HOW MUCH

If you're not currently regularly active, **simply getting started has positive health benefits.**

If you can, each week aim to complete:

- **150-300 minutes of moderate cardiovascular activity** OR
- **75-150 minutes of vigorous cardiovascular activity** OR
- **An equivalent combination** of moderate and vigorous cardiovascular activity AND
- **Muscle strengthening activity** on at least two days

CARDIOVASCULAR ACTIVITY

There are **many activities** that count towards meeting your cardiovascular activity goals.

Some common activities, and their intensity classifications, are listed below:

MODERATE:

Walking 4-7km/h, cycling 9-16 km/h, gardening, surfing, playing golf, and skateboarding.

VIGOROUS:

Running > 7 km/h, cycling > 16km/h, skipping, soccer, lap swimming, and hockey.

STRENGTH ACTIVITY

Strengthening activities should be completed at a moderate or higher intensity, and involve all major muscle groups. While there are many ways to achieve this, two workout options are below. Choose either the beginner or intermediate workout, and complete **3 sets of 8-16 repetitions** of each exercise.

BEGINNER WORKOUT:

SIT TO STAND



WALL PUSHUP



BRIDGE



BENT KNEE LEG
RAISE



INTERMEDIATE WORKOUT:

SPLIT SQUAT



KNEE PUSHUP



SINGLE LEG
BRIDGE



STRAIGHT LEG
LOWER



ACTIVITY PLANNER

MON

TUE

WED

THU

FRI

SAT

SUN

For additional articles, exercise videos, resources and activity programs, visit **activeresilience.org**

