





There are lots of ways to get the physical activity you need!

If you're thinking, "How can I meet the Guidelines each week?" Don't worry. You'll be surprised by the variety of activities you can choose from. Basically anything counts, as long as it's at a moderate- or vigorous-intensity for at least **10 minutes** at a time. If you aren't sure where to start, here are some examples of weekly activity routines you may want to try.

PS. Check out the next few pages for templates you can use for your activity plans.

Moderate Aerobic Activity Routines  							
Choose from these 2 examples of: 150 minutes moderate-intensity aerobic activity AND 2 days muscle strengthening							
Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# 1	30 minutes of brisk walking	30 minutes of brisk walking	Resistance Band exercises	30 minutes of brisk walking	30 minutes of brisk walking	Resistance Band exercises	30 minutes of brisk walking
# 2	30 minutes of brisk walking	60 minutes of playing softball	30 minutes of brisk walking	30 minutes of mowing the lawn		Heavy Gardening	Heavy Gardening

Vigorous Aerobic Activity Routines  							
Choose from these 2 examples of: 75 minutes vigorous-intensity aerobic activity AND 2 days muscle strengthening							
Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# 1	25 minutes of jogging	Weight lifting	25 minutes of jogging	Weight lifting	25 minutes of jogging		
# 2	25 minutes of swimming laps		25 minutes of running	Weight training	25 minutes of singles tennis	Weight training	

Mix of Moderate and Vigorous Aerobic Activity Routines



Choose from these 2 examples of:

90 minutes moderate-intensity aerobic activity

AND

30 minutes vigorous-intensity aerobic activity

AND

2 days muscle strengthening

Examples	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# 1	30 minutes of water aerobics	30 minutes of Jogging	30 minutes of Brisk Walking Yoga		30 minutes of brisk walking	Yoga	
# 2	45 minutes of doubles Tennis Weight lifting		Rock Climbing	30 minutes of vigorous Hiking			45 minutes of doubles Tennis

Need more info? Visit the [Glossary](#) or [FAQ](#) page at ProfessionalsHealthConnection.com for an explanation of moderate and vigorous intensity. Visit our [Products You'll Love](#) page to give yourself a little boost to keep your interest. A book to learn even more about staying motivated and active, or a new Resistance Band or Fit Bit – let us know what you'd like to see more of.

Moderate Aerobic Activity Routines



Choose from these 2 examples of:

150 minutes moderate-intensity aerobic activity

AND

2 days muscle strengthening

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# 1							
# 2							
# 3							
# 4							

Vigorous Aerobic Activity Routines



Choose from these 2 examples of:

75 minutes vigorous-intensity aerobic activity

AND

2 days muscle strengthening

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# 1							
# 2							
# 3							
# 4							

Mix of Moderate and Vigorous Aerobic Activity Routines



Choose from these 2 examples of:

90 minutes moderate-intensity aerobic activity

AND

30 minutes vigorous-intensity aerobic activity

AND

2 days muscle strengthening

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
# 1							
# 2							
# 3							
# 4							

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