

Adding Physical Activity to Your Life

! COVID-19: How to Be Physically Active While Social Distancing

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

Don't worry if you're thinking, "How can I get the recommended amount of physical activity each week?" You'll be surprised by the variety of activities you have to choose from. To meet the recommendations for aerobic activity, basically any aerobic activity counts, as long as it's done at a moderate- or vigorous-intensity. Any amount of physical activity has some health benefits.

Stick With It

To make sure you'll stick with it, pick physical activities that you enjoy and match your abilities. If you're not sure where to start, here are some examples of weekly physical activity schedules that meet recommended levels of physical activity.

Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

Sunday
30 minute brisk walk



Monday
30 minute brisk walk



Tuesday
30 minute brisk walk



Wednesday
Weight Training



Thursday
30 minute brisk walk



Friday
30 minute brisk walk



Saturday
Weight Training



Example 1: Moderate-Intensity Activity and Muscle-Strengthening Activity

Total: 150 minutes moderate-intensity aerobic activity + 2 days muscle-strengthening activity

Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday

Monday
25 minute jog



Tuesday

Wednesday
25 minute jog and weight training



Thursday

Friday
Weight training










Saturday
25 minute jog



Example 2: Vigorous-Intensity Activity and Muscle-Strengthening Activity

Total: 75 minutes vigorous-intensity aerobic activity + 2 days muscle-strengthening activity

Example 3: Mix of Moderate- & Vigorous-Intensity Activity and Muscle-Strengthening Activity

Sunday 30 minute brisk walk	Monday 15 minute jog	Tuesday Weight Training	Wednesday 30 minute brisk walk	Thursday Weight Training	Friday 15 minute jog	Saturday 30 minute brisk walk
						

Example 3: Mix of Moderate- & Vigorous-Intensity Activity and Muscle-Strengthening Activity

Total: The equivalent of 150 minutes of moderate-intensity aerobic activity + 2 days muscle-strengthening activity

When to Check with Your Doctor


Physical activity that requires moderate effort is safe for most people. But if you have a chronic health condition, be sure to talk with your doctor about the types and amounts of physical activity that are right for you. Examples of chronic conditions are heart disease, arthritis, and diabetes. Also, if you have been inactive, have a disability, or are overweight, discuss vigorous-intensity physical activity with your doctor before beginning.




Are You Ready to be More Physically Active?

Learn more about CDC's nationwide initiative to help 27 million Americans get more physically active.

[Join Active People, Healthy Nation](#)

Set goals, choose activities that work for you, and stay on track with the [Move Your WaySM Activity Planner](#) .

You can also track your weekly activity with this [Physical Activity Diary](#) . [PDF-18KB]