American Heart Association | American Stroke Association

life is why™

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least 30 minutes of *moderate-intensity* aerobic activity

At least 5 days *per week* for a **total of 150 minutes**

OR

At least 25 minutes of *vigorous* aerobic activity

At least 3 days *per week* for a **total of 75 minutes**

or a combination of the two

AND

Moderate to HIGH INTENSITY muscle-strengthening activity

At least 2 days *per week* for additional health benefits

For Lowering Blood Pressure and Cholesterol:

An average of 40 minutes of *moderate- to vigorous-intensity* aerobic activity

3 or 4 days *per week*

Four Corners Health Department

Public Health

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Learn more at **heart.org/ActivityRecommendations**.