



Choose to move

Regular exercise is proven to help prevent and manage diseases, maintain healthy body weight, and improve mental health, quality of life and well-being. Aim to incorporate these types of movements each week to maintain areas of physical fitness including heart health, muscle strength, and avoid injury.

Cardiovascular training

Cardio type exercise is aimed at strengthening your heart. This type is also known as aerobic because it requires oxygen and increases the delivery of oxygen throughout the body.

How much?

Adults: 150 minutes of moderate-intensity activity per week or 75 minutes of vigorous exercise per week.

Children and adolescents: at least 60 minutes of moderate to vigorous activity daily.

Strength training

Strength training is a form of physical activity that is designed to improve muscular strength and endurance. This can be accomplished using body weight, resistance bands, free weights, or weight machines. Maintaining muscle mass helps avoid injury, sustain mobility, and enjoy freedom of movement without assistance.

How much? American College of Sports Medicine (ACSM) recommends training all major muscle groups at least twice per week, with 8 to 12 repetitions of 8 to 10 different exercises for healthy adults.

Flexibility training

Stretching keeps muscles flexible, strong, and healthy to avoid joint or muscle injury. Flexibility exercises examples include stretching, yoga, and tai chi.

How much?

American College of Sports Medicine (ACSM) experts recommend flexibility exercises for all major muscle groups, including shoulders, neck, chest, back, legs, at least two to three times a week.

If you're new to exercising, ask your provider for guidance on what forms of exercise are right for you. Discuss appropriate time and intensity levels that may be safe and effective for you, while taking your specific conditions and fitness level into account.

Call your health center to make an appointment.
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