

Physical Activity Pyramid

All activity counts—start with just 5 minutes! Pull out short segments from each of the bottom 3 levels whenever you can. You'll be surprised how quickly it all adds up.

How much activity do I need?

At least 150 minutes per week of moderate-intensity aerobic activity (that's only about 20 minutes a day!) - AND - At least 2 days a week of muscle strengthening activity (<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>)

