

Aim to check off at least one type of physical activity every day.

TYPE OF PHYSICAL ACTIVITY	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Moderate-intensity "cardio"							
Vigorous-intensity "cardio"							
Strength training							
General physical activity							

**HOW MUCH ACTIVITY DO I NEED EVERY WEEK?**



Aim for at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity cardio, weekly; and, 2 days a week of muscle-strengthening activity. Doing more provides more health benefits.

**WHAT IS "CARDIO"?**



Aerobic exercise is often referred to as "cardio" exercise. This type of exercise gets your heart rate and breathing rate up and often ends with "ing." Examples include walking, swimming, cycling, running and playing tennis.

**LOOKING FOR INSPIRATION?**

- Play music when you workout.
- Try dance (hip-hop, ballroom, square, jazz and more!)
- Channel your inner child and play games.
- Check out your local rec department for programs you might like.
- Join a tennis, golf, cycling or hiking club.
- Join a gym or a yoga or dance studio.
- Try coaching or officiating a sport you love.



**WHAT COUNTS AS STRENGTH TRAINING?**



Muscle strengthening exercise is often referred to as strength training. When you perform exercises that make your muscles work harder than usual, you're participating in strength training.

**WHAT COUNTS AS GENERAL PHYSICAL ACTIVITY?**



Any physical activity is better than sitting. For the purpose of this tracker, keep track of all physical activity you do that you don't count as "cardio" or strength training. It can be at a light, moderate or vigorous pace.

**TIP: TAKE THE "TALK TEST" TO DETERMINE THE INTENSITY OF YOUR EXERCISE.**

When you're being active, try talking:



• If you're breathing hard and can talk (but not sing) easily, it's **moderate-intensity activity**.



• If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**.