ENERGY
Improves energy, stamina, and endurance

TRY SOMETHING NEW!
Finding new activities you enjoy will keep your physical activity routine fun and fresh.

LUNGS
Enhances the lungs ability to get oxygen to tissues throughout the body

MENTAL HEALTH
Reduces stress, anxiety, and tension

ENERGY
Improves energy, stamina, and endurance

DIABETES
Reduces risk for developing type 2 diabetes

BODY COMPOSITION
Reduces body fat and increases lean body mass

HEART
Strengthens and enlarges the heart making it easier to pump blood throughout the body

SLEEP
Improves sleep

MUSCLES
Strengthens muscles throughout the body

My Goals
In the next week I will _______________________
In the next month I will _______________________

AEROBIC EXERCISE
Aerobic exercise includes any activity that gets you breathing heavier, your heart beating faster, and your muscles working harder than when you are at rest. The benefits of aerobic activity are felt throughout your entire body.

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Aerobic Exercise: What Counts?

Levels of Aerobic Intensity

**LIGHT INTENSITY**
Includes activities done in everyday life including light housework, shopping, and cooking. While still good for you, these activities do not count toward aerobic activity goals because your body is not working quite hard enough.

**MODERATE INTENSITY**
Includes activities where your heart is beating faster and you are breathing harder than during normal daily activities. During these activities you are able to talk comfortably, but are not able to sing.

**VIGOROUS INTENSITY**
Includes activities where you are breathing hard and fast, and your heart rate is elevated. During these activities you will have difficulty saying more than a few words without taking a breath.

Remember, more vigorous intensity is not always better. You can gain just as many benefits from moderate activities. Always remember to discuss new physical activity routines with your medical provider before starting.

### Types of Aerobic Activity

<table>
<thead>
<tr>
<th>Light (30 minutes)</th>
<th>Moderate (30 minutes)</th>
<th>Vigorous (30 minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping</td>
<td>Walking Briskly</td>
<td>Jogging or Running</td>
</tr>
<tr>
<td>Cooking</td>
<td>Water Aerobics</td>
<td>Swimming Laps</td>
</tr>
<tr>
<td>Light Housework</td>
<td>Ride a Bike on Level Ground</td>
<td>Playing Basketball</td>
</tr>
<tr>
<td>Laundry</td>
<td>Dancing</td>
<td>Riding a Bike on Hills</td>
</tr>
<tr>
<td>Sweeping the Floor</td>
<td>Pushing a Lawn Mower</td>
<td>Heavy Yard Work</td>
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<tr>
<td>Washing the Dishes</td>
<td>Gardening</td>
<td>Tennis</td>
</tr>
<tr>
<td>Making the Bed</td>
<td>Canoeing</td>
<td>Skiing (cross country)</td>
</tr>
<tr>
<td>Light Walking (around the room)</td>
<td>Cleaning</td>
<td>Aerobics (high impact)</td>
</tr>
<tr>
<td>Playing Catch</td>
<td>Bodyweight Exercise (beginning yoga)</td>
<td>Bodyweight Exercise (push-ups)</td>
</tr>
<tr>
<td>Fishing</td>
<td>Golf</td>
<td>Hiking (rigorous)</td>
</tr>
</tbody>
</table>

### Physical Activity Guidelines for Americans
The following are Health & Human Services recommendations for aerobic exercise for various age groups.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>How Often</th>
<th>How Long</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adults 18-64 yrs.</td>
<td>At least 3 days per week</td>
<td>At least 2.5 hrs of moderate aerobic exercise OR 1.25 hrs of vigorous activity weekly</td>
</tr>
<tr>
<td>Children 6-17 yrs.</td>
<td>At least 3 days per week</td>
<td>At least 1 hr of moderate or vigorous activity daily Doesn’t have to be formal. Playing counts too!</td>
</tr>
<tr>
<td>Children 2-5 yrs.</td>
<td>Play actively several times every day</td>
<td>No specific recommendations Short bursts of active play will add up throughout the day!</td>
</tr>
</tbody>
</table>

### Aerobic Exercise Safety
It is essential to keep safety in mind when doing any type of physical activity. To stay safe during aerobic exercise, remember to:

- Always check with your medical provider before starting a new physical activity routine.
- Start slow and build up to your desired level of activity.
- Always stretch before and after aerobic exercise.
- Wear proper shoes.
- Stay hydrated. Drink plenty of fluids before, during, and after aerobic exercise.