



Physical activity for your heart health

Physical activity is anything that gets your body moving. According to the Centers for Disease Control and Prevention, you need to do two types of physical activity each week: **aerobic** and **muscle-strengthening**.

How much physical activity do you need each week?

Aerobic activity: at least 2 hours and 30 minutes (150 minutes) of moderate intensity like brisk walking, PLUS muscle-strengthening activities like lifting weights, using resistance bands or yoga on two or more days.

or

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (like running), PLUS muscle-strengthening activities on two or more days.

or

An equivalent mix of moderate- and vigorous-intensity aerobic activity, PLUS muscle-strengthening activities on two or more days.

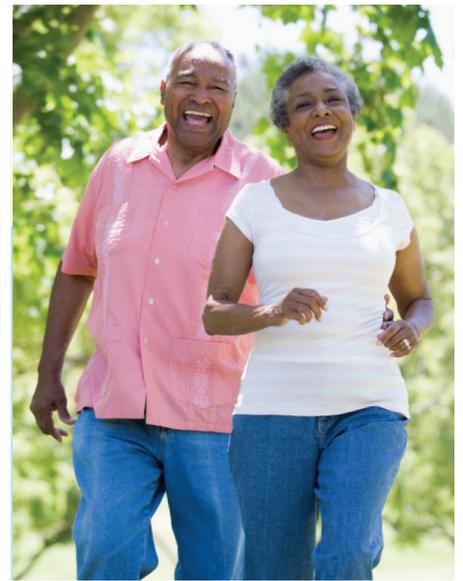
10 minutes at a time is fine

You don't have to do all of your physical activity all at once. It is actually best to spread your activity out during the week and break it up into smaller chunks of time during the day, as long as you are doing your moderate or vigorous activity for at least 10 minutes at a time.

Give walking a try

Try going for a 10-minute brisk walk, three times a day, five days a week. This will give you a total of 150 minutes of moderate-intensity activity. It can also improve heart fitness and reduce diabetes symptoms, blood pressure and cholesterol.

For more information and ideas on increasing your physical activity for health benefits, visit www.cdc.gov/physicalactivity/everyone/guidelines/adults.html.



*Women's Cardiovascular
Medicine Program –
caring for your heart*

For more information,
contact the UC Davis
Women's Cardiovascular
Medicine Program by calling
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