Facts according to CDC for older adults:

Older adults need at least:

Adults need at least:

jogging 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and weight training /muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

jogging 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and weight training/muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

Walking/ jogging- An equivalent mix of moderate- and vigorous-intensity aerobic activity and weight training/muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Glossary:

Aerobic physical activity: Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called endurance activity, improves cardiorespiratory fitness. Examples include walking, running, and swimming, and bicycling.

Bone-strengthening activity: Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. Bone strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities.

Relative Intensity

The level of effort required by a person to do an activity. When using relative intensity, people pay attention to how physical activity affects their heart rate and breathing.

The talk test is a simple way to measure relative intensity. In general, if you're doing moderate-intensity activity you can talk, but not sing, during the activity. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath.

Absolute Intensity

The amount of energy used by the body per minute of activity. The table below lists examples of activities classified as moderate-intensity or vigorous-intensity based upon the amount of energy used by the body while doing the activity.

Moderate Intensity

Walking briskly (3 miles per hour or faster, but not race-walking), Water aerobics, Bicycling slower than 10 miles per hour, Tennis (doubles), Ballroom dancing, General gardening, Cleaning the house

Vigorous Intensity

Race walking (holding 5lb weights),

Jogging, or running, Swimming laps, Tennis (singles), Aerobic dancing, Bicycling 10 miles per hour or faster, Jumping rope, Heavy gardening, Hiking uphill or with a heavy backpack

Besides aerobic activity, you need to do things to make your muscles stronger at least 2 days a week. These types of activities will help keep you from losing muscle as you get older.

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing one sit-up. Try to do 8—12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets.

Examples:

Lifting weights, Working with resistance bands, Doing exercises that use your body weight for resistance (push ups, sit ups, chair squats), Yoga, Pilates, and cycling.

Things to Keep in Mind:

Try to do a variety of activities. This can make physical activity more enjoyable and reduce your risk of injury.

Regular physical activity is still safe and beneficial even if you have problems doing normal daily activities, such as climbing stairs or walking.

If you have to take a break from your regular workout routine due to an illness such as the flu, be sure to start again at a lower level and slowly work back up to your usual level of activity.

Benefits of physical activity for older adults:

Overall, strong evidence demonstrates that compared to less active men and women, older adults who are physically active:

have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, colon cancer and breast cancer, a higher level of cardiorespiratory and muscular fitness, healthier body mass and composition;

have a biomarker profile that is more favorable for the prevention of cardiovascular disease, type 2 diabetes and the enhancement of bone health; and

exhibit higher levels of functional health, a lower risk of falling, and better cognitive function; have reduced risk of moderate and severe functional limitations and role limitations.

1. **Endurance**, or aerobic, activities like brisk walking or swimming increase your breathing and heart rate and improve the health of your heart, lungs and circulatory system. They can make it easier for you to: push your grandchildren on the swings, vacuum, work in the garden/ rake leaves, play a sport.
2. **Strength** exercises like lifting weights and using resistance bands can increase muscle strength. Lower-body strength exercises also will improve your balance. Increased muscle strength can maintain your ability to: climb stairs, carry groceries, open jars, carry a full laundry basket from the basement to the second floor, carry your smaller grandchildren
3. **Balance** exercises like tai chi can improve your ability to control and maintain your body's position, whether you are moving or still. Good balance is important to help prevent falls and avoid the disability that may result from falling. Improving your balance can help you: prevent falls, stand on tiptoe to reach something on the top shelf, walk up and down the stairs, walk on an uneven sidewalk without falling
4. **Flexibility**, or stretching, exercises can help your body stay flexible and limber, which gives you more freedom of movement for your regular physical activity as well as for your everyday activities. Stretching exercises can improve your flexibility but will not improve your endurance or strength. Improving your flexibility makes it easier for you to: look over your shoulder to see what's behind you as you back the car out of the driveway, make the bed, bend over to tie your shoes, reach for a food item on a kitchen shelf, pull a sweater on over your head, swing a golf club