

# Your Recreational Physical Activity Results

Report generated

Physical activity includes the ways people move their bodies and use energy. Two broad categories are important for health: aerobic activity (such as brisk walking or dancing), and muscle strengthening activity (such as lifting weights or using resistance bands).



The national guidelines recommend that adults get at least 150 minutes per week of moderate-intensity aerobic activity, and at least 2 days per week of muscle strengthening activity.

## Your aerobic activity



### How did we calculate your activity?

We added up the time per week you reported doing different exercise and recreational activities and calculated the average number of minutes of aerobic activity per week you engaged in. We also looked at your answers to questions about doing muscle strengthening activities, like weight training.

## Your muscle strengthening activity



## Key guidelines for adults

The national physical activity guidelines were developed by experts based on more than 60 years of research showing how physical activity affects our health.

### Adults need a mix of activity to be healthy

- Aim for at least 150 minutes a week of moderate-intensity aerobic activity (anything that gets your heart beating faster counts!). Try to spread aerobic activity throughout the week. If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.
- Aim for at least 2 days a week of muscle-strengthening activity (activities that make your muscles work harder than usual). For the most health benefits, do strengthening activities that involve all major muscle groups.

**What counts as “moderate” and “vigorous” aerobic activity?** Use the talk test to find out. When you’re doing an activity, try talking:

- Breathing hard but still able to have a conversation easily? That’s moderate-intensity activity.
- Only able to say a few words before having to take a breath? That’s vigorous-intensity activity.



The activity guidelines are for most adults. In general, healthy people who slowly increase their weekly physical activity don’t need to consult their health care provider before engaging in activity.

**There are key considerations for certain people, including people with chronic conditions, people with disabilities, people who are pregnant or postpartum, and adults over 65.** It’s important for these groups of people to talk to a health care provider before continuing or starting a new exercise program. For more information, please visit [this page](#).

Adults over 65 need the same amount of physical activity as all adults—but if meeting the guidelines is tough, do what you can! Adults over 65 should aim to mix in activities that improve balance and lower risk of falls. For example, [tai chi](#) or swimming.

## Tips for maintaining or improving your activity

1. Break up activity over the week. Switch things up and get creative! There's no wrong way to get in your aerobic and muscle strengthening activity.
2. It all adds up. If you don't meet the guidelines for activity this week, don't sweat it. Even a little bit of activity can have health benefits.
3. Try adding more movement into your day, like going for a short walk during a lunch break, taking the stairs to your office, or sneaking in some muscle strengthening exercises during commercial breaks. Check out some tips for fitting more activity into your day: [\[YouTube – 1:59\]](#).
4. You can find the right activity for you! The key is to make activity fun and sustainable so you can continue being active over the long term. Use tips like these for getting motivated: [\[YouTube – 2:04\]](#)
5. Use the handy [activity planner](#) to create a plan that works for you. Choose the types of activity that are right for your current fitness level and health goals. If you have questions, talk with your health care provider.

Visit <https://health.gov/moveyourway> for more tools, tips, and resources.

### Studied benefits of physical activity:

**Long term:** Helps prevent [certain cancers](#); reduces risk of dementia, heart disease, and type 2 diabetes; improves bone health; and helps ease anxiety and depression.

**Short term:** Reduces stress, lowers blood pressure, sharpens focus, improves sleep, and boosts mood.

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### National Data: How many adults are meeting the physical activity guidelines?

A recent nationwide survey found that about **39% of adults in the U.S.** reported engaging in recommended amounts of aerobic physical activity through leisure activities, such as sports, fitness, or recreational activities.<sup>1</sup>

**31%** of adults met the guidelines for muscle strengthening activity, with or without meeting the aerobic activity guidelines.<sup>2</sup>

1. National Center for Health Statistics. National health and nutrition examination survey. 2020;  
<https://www.cdc.gov/nchs/nhanes/index.htm>.
2. National Center for Health Statistics, National Health Interview Survey, 2020;  
<https://www.cdc.gov/nchs/nhis/documentation/2020-nhis.html>.

## Get in touch

Thanks for reading! We hope you're inspired to move for your health.

Questions about your report or the resources we shared? Reach out to the **Connect Support Center** at [MyConnect.cancer.gov/support](https://myconnect.cancer.gov/support).

Questions about your current health or about changing your physical activity plan?  
Reach out to your health care provider.