

How Much Physical Activity Do You Need?

Despite these health benefits, recent studies have shown that more than 60 percent of Americans do not engage in enough regular physical activity.

How much physical activity do adults need?

The Centers for Disease Control and Prevention (CDC) recommend that adults:

- engage in moderate-intensity physical activity for at least 30 minutes on five or more days of the week, or
- engage in vigorous-intensity physical activity for at least 20 minutes on three or more days of the week.

The American Cancer Society's (ACS) 2005 report on cancer prevention and early detection facts and figures lists examples of moderate physical activities at www.cancer.org. For optimal benefit from less vigorous activities, the ACS recommends more time be spent doing them. Likewise, less time can be spent doing more vigorous activities to receive the most health benefits. Here are some examples:

Less Vigorous Activities

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Gardening for 30-45 minutes
- Walking 1 ¾ miles in 35 minutes
- Playing volleyball for 45 minutes

More Vigorous Activities

- Stairwalking for 15 minutes
- Shoveling snow for 15 minutes
- Basketball (playing a game) for 15-20 minutes
- Jumping rope for 15 minutes

More examples of moderate-intensity and vigorous-intensity physical activities can also be found on the [CDC Physical Activity Page](#).

For more information on the benefits of physical activity, visit anthem.com/ca.

Additional resources:

National Cancer Institute - www.cancer.gov

American Cancer Society - www.cancer.org

Centers for Disease Control and Prevention - www.cdc.gov

National Institutes of Health - www.nih.gov

Sources:

National Cancer Institute -

<http://www.cancer.gov/newscenter/benchmarks-vol4-issue1/page2>,

American Cancer Society www.cancer.org.

This information is intended for educational purposes only, and should not be interpreted as medical advice. Please consult your physician for advice about changes that may affect your health.

