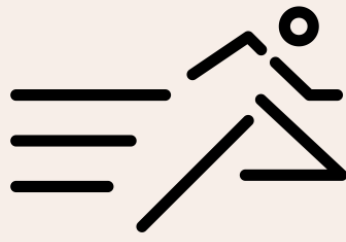


# How to promote Physical Activity



## How much physical activity is optimal to engage in?

### Guidelines for Americans

A 2008 report advises adults to engage in two types of physical activity each week in order to improve health. One type of activity is aerobic activity and another type is muscle-strengthening activities.

It is recommended that adults get at least 2 hours and 30 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous-intensity aerobic activity every week.



Whether engaging in moderate or vigorous intensity aerobic activity, it is important to sustain the activity for at least 10 minutes at a time.



Time spent engaged in physical activity can be divided into small sections of 10 minutes or more throughout the day or week in order to make things more manageable.

## Assessing Physical Activity

Individuals sometimes may need support for categorizing activities but you could try these to start



Writing down weekly activity by using a tool like the International Physical Activity Questionnaire

Using pedometers or phone apps to monitor steps



Keeping an activity diary

