

# Get to Know



ARIZONA ADVISORY  
COUNCIL ON INDIAN  
HEALTH CARE

## Exercise Recommendations

### DID YOU KNOW?

Fewer than **1 in 4 adults (24.2%)**, over the age of 18, met the minimum Physical Activity Guidelines for both aerobic and muscle-strengthening exercise, per the National Health Interview Survey.



Fewer than **1 in 4 children (21.6%)**, between the ages of 6 and 19, met the Physical Activity Guidelines for aerobic and muscle-strengthening exercise, per the National Physical Activity Plan Alliance.



### WHAT ARE THE CURRENT PHYSICAL ACTIVITY RECOMMENDATIONS FOR ADULTS?

#### Cardiorespiratory Exercise

- At least 150 minutes of **moderate-intensity cardiorespiratory exercise**, OR
- 75 minutes of **vigorous-intensity exercise**, OR
- A combination of moderate- and vigorous-intensity exercise per week (e.g. 45 minutes of vigorous-intensity exercise and 60 minutes of moderate-intensity exercise).

#### Resistance Training (also known as Strength Training or Weight Lifting)

- 2 or more days per week, with exercises for all the major muscle groups (minimum of 1 set of 8-12 repetitions for each muscle group).

#### Flexibility and Neuromotor Exercises (balance, agility and coordination)

- 2 or more days per week

### WHAT ARE THE CURRENT PHYSICAL ACTIVITY RECOMMENDATIONS FOR CHILDREN (6-17 YEARS)?

#### CARDIORESPIRATORY EXERCISE

- At least **60 minutes** (1 hour) of **moderate-to-vigorous intensity** cardiorespiratory exercise **per day, for at least 5 out of 7 days a week. This is 300 minutes (5 hours) per week.**
- This can include activities like walking, running, biking, or anything that makes their heart beat faster. At least 3 days should include vigorous-intensity exercise.

#### RESISTANCE TRAINING

- **3 or more days per week of strength-training**, with exercises for all the major muscle groups, such as climbing and push-ups.
- **3 or more days per week of bone-strengthening exercises**, which includes vigorous, higher impact exercises, such as jumping or running.

