MyActivity Pyramid for Adults (18-64)

Aerobic Activity
At least 150 minutes of moderate intensity each week or 75 minutes of vigorous intensity each week or a combination of both

- walking
- jogging
- swimming
- basketball

Strength and Flexibility
At least 2 times each week

- yoga
- stretching
- strength training

Inactivity Limit
- sitting

Lifestyle
Every day

- biking
- yard work
- household chores
- walking
# MyActivity Pyramid
## for Adults (18-64)

<table>
<thead>
<tr>
<th>Lifestyle Activities</th>
<th>Aerobic Activity</th>
<th>Strength and Flexibility</th>
<th>Inactivity</th>
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<tbody>
<tr>
<td>As often as possible</td>
<td>At least 150 minutes (2 hours and 30 min.) of moderate intensity each week or At least 75 minutes (1 hour and 15 min.) of vigorous intensity each week*</td>
<td>At least 2 times each week</td>
<td>Limit</td>
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</tbody>
</table>

- Pick an activity you like and one that fits your life.
- Some physical activity is better than none.

**What is a moderate-intensity activity?**
- You can talk while you do it, but you can't sing.

**What is a vigorous-intensity activity?**
- You can only say a few words without stopping to catch your breath.

*Or do a combination of moderate- and vigorous-intensity activities.

**Strength**
- Include all major muscle groups.
- Perform 8-12 repetitions per set (1-3 sets).

**Flexibility**
- Perform flexibility activities at least two days each week for at least 10 minutes each day.

**Screen time (television, computer, video games).**
- Sitting longer than 60 minutes.

## Major research findings about the health benefits of physical activity from the Physical Activity Guidelines for Americans:
- Regular physical activity reduces the risk of many adverse health outcomes such as heart disease, type 2 diabetes, and some cancers.
- Most health benefits occur with at least 150 minutes (2 hours and 30 min.) a week of moderate-intensity physical activity.
- For additional health benefits, adults should increase their aerobic physical activity to 300 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or a combination of both. Additional benefits include lower risk of colon and breast cancer and prevention of unhealthy weight gain.
- People with disabilities can also benefit from physical activity.

## Physical Activity Guidelines are also available for the following:
- Children and adolescents
- Older adults
- Women during pregnancy and the postpartum period
- Adults with disabilities
- People with chronic medical conditions

To learn more about these guidelines visit: [www.health.gov/paguidelines](http://www.health.gov/paguidelines)

This publication was adapted from USDA’s MyPyramid and from the U.S. Department of Health and Human Services, 2008 Physical Activity Guidelines for Americans.

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