

How Much Activity Do Adults Need?

During stressful times, it's important to remember that some physical activity is better than none! Adults should move more and sit less throughout the day. If you're working from home, try taking activity breaks throughout the day or using a standing desk for conference calls.

According to the Physical Activity Guidelines for Americans, adults need a mix of activities to stay healthy, including at least:

- 150 minutes of moderate-intensity aerobic activity a week
- 2 days of muscle-strengthening activity a week

