Do You Get 30 Minutes of Moderate Physical Activity Every Day?

IT IS EASY & SIMPLE

EXAMPLES OF MODERATE AMOUNTS OF PHYSICAL ACTIVITY

- Washing & Waxing a Car (45-60 minutes)
- Washing Windows or Floors (45-60 minutes)
- Gardening (30-45 minutes)
- Wheeling Self in Wheelchair (30-40 minutes)
- Pushing a Stroller (1.5 miles in 30 minutes)
- Raking Leaves (30 minutes)
- Walking (15 minutes/mile)
- Shoveling Snow (15 minutes)
- Stairwalking (15 minutes)
- Playing Volleyball (45 minutes)
- Playing Touch Football (30-45 minutes)
- Basketball (Shooting Baskets) (30 minutes)
- Bicycling (5 miles/30 minutes)
- Dancing Fast (Social) (30 minutes)
- Water Aerobics (30 minutes)
- Swimming Laps (20 minutes)
- Basketball (Playing Game) (15-20 minutes)
- Jumping Rope (15 minutes)
- Running (10 minutes/mile)
- Wheelchair Basketball (20 minutes)

Reference: Surgeon General’s Report on Physical Activity and Health