

What is moderate physical activity?

Physical activity can help you prevent or control many serious conditions, including diabetes, high blood pressure and heart disease.

Try to get moderate-level physical activity on most days of the week. Brisk walking, bicycling, raking leaves and gardening are moderate level activities. Other activities might include:

| Common Chores | Sporting Activities |
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| <ul style="list-style-type: none">● Washing and waxing a car for 45-60 minutes● Washing windows or floors for 45-60 minutes● Gardening for 30-45 minutes● Wheeling self in wheelchair for 30-40 minutes● Pushing a stroller 1½ miles in 30 minutes● Raking leaves for 30 minutes● Shoveling snow for 15 minutes● Stair walking for 15 minutes | <ul style="list-style-type: none">● Playing volleyball for 45-60 minutes● Playing touch football for 45 minutes● Walking 2 miles in 30 minutes (1 mile in 15 minutes)● Shooting baskets (basketball) for 30 minutes● Dancing fast (social) for 30 minutes● Performing water aerobics for 30 minutes● Swimming laps for 20 minutes● Playing basketball for 15-20 minutes● Jumping rope for 15 minutes● Running 1½ miles in 15 minutes (1 mile in 10 minutes) |

You can even divide the 30 minutes into shorter periods of at least 10 minutes each. For instance: Use stairs instead of an elevator, get off a bus one or two stops early, or park your car at the far end of the lot at work. If you already engage in 30 minutes of moderate-level physical activity a day, you can get added benefits by doing more. Engage a moderate-level activity for a longer period each day or engage in a more vigorous activity.

Before starting any new exercise program, see your medical professional if you have heart trouble or have had a heart attack, if you're over age 50 and are not used to moderate-level physical activity, if you have a family history of heart disease at an early age, or if you have any other serious health problem.