



PERFORMANCE 101: What is the Right Amount of Exercise

General Exercise Guidelines for Fitness

Aerobic Suggestions: 150 minutes of moderate or 75 minutes of vigorous aerobic activity every week. Suggestion: 20-30-minute workout sessions five to seven days a week (see our [aerobics page](#) for more info).

Muscle-strengthening: 2 days a week ([see our muscular ability page](#) for more info).

Yoga, TaiChi, and stretching routines have also been shown to be helpful in as little as 10 minutes (see our [mobility and stretching](#) and [functional/movement](#) pages for more info).

Aerobic activity that is higher intensity seems to have the most bang. High Intensity Interval Training (HIIT) is an exercise session of moderate to high intensity exercise periods. It is all relative. Can be done with all forms of exercise, even walking. It is just the matter of picking up the pace.

Multiple Sessions two or more 5- to 15-sessions can help combat stress throughout the day.

BOTTOMLINE:

Most types of exercise and Daily Activities (gardening) can decrease your stress. Using Variety and Do what you Enjoy are Keys to Continued Success
Just 10 minutes has been shown to be beneficial

To maximize the benefits:

Work out with a friend or in a group to reap the added benefit of social support.

Excessive exercise may not have a positive effect impact on long-term mental health (see ADAA). Stay within the current physical activity guideline.

There is a sweet spot: 45 minutes, 2-6 hours per week, 3-5 x a week

Current Aerobic Recommendations Overview

Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

For substantial health benefits,

adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity exercise.

Another way to look at it is 30 to 60 minutes of moderate-intensity exercise five days per week.

Moderate-intensity exercise RPE of 3 Easy, talking is easy, breathing is comfortable and you are probably working at 55 % maximum of heart rate.

Or

75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity.

Another way to look at it is

20 to 60 minutes of vigorous-intensity exercise three to 3-5 days per week.

Vigorous-intensity exercise RPE of 4/5 Somewhat Hard to Hard, talking is somewhat difficult to difficult, breathing is deepened and you are probably working at 70 % maximum of heart rate.

Or

an equivalent combination of moderate- and vigorous-intensity aerobic activity.

Preferably, aerobic activity should be spread throughout the week.