

How Much Exercise Do You Really Need?

Supports: Building Block 5 — Be Active

Why It Matters

One of the most common questions about being active is simply, "How much is enough?" The general guidance is a helpful target, not a pass-or-fail test. What matters most is finding an amount that fits your life and that you can keep up over time. This handout offers a starting point and some realistic ways to reach it, so you can build activity into a week that already feels full.

What to Know

A general target to aim toward

A widely used guideline is about 150 minutes a week of moderate activity — the kind where you can still talk but would find it hard to sing — plus roughly two strength sessions a week. Strength work can use weights, resistance bands, or just your own body weight. This is a general goal, not a rule, and it is fine to be above or below it in any given week.

Break it into pieces that fit

You do not have to do it all at once. Spreading the minutes across the week usually feels far more doable.

- Thirty minutes on five days, or shorter sessions on more days
- A brisk morning walk that doubles as quiet time to think
- Strength moves in the evening while a show plays in the background
- Active time with family or friends that counts toward your total

Build up gradually

If you are not near 150 minutes yet, that is completely fine — you can work up to it. Add a little time or intensity slowly, in a way that fits your body and lowers the chance of soreness or injury. Listen to how you feel and adjust as you go.

Start where you are. The best plan is the one you will actually do, so begin at a level that feels manageable today. Talk with your physician before starting or increasing exercise, especially if you have a chronic condition or new symptoms.

Try This

Sketch out what a realistic week of activity could look like for you — not a perfect week, just a doable one.

- ? Which days and times of the week are most protected and predictable for you?
- ? What mix of walking, strength, and stretching sounds appealing rather than like a chore?
- ? What is one small way you could add a few minutes if a busy day gets in the way?