

**HOW MUCH  
PHYSICAL  
ACTIVITY ?**





# How much physical activity should I do?

Adults should do some type of physical activity every day. Any type of activity is good for you. The more you do the better.

We suggest following government advice on social distancing and exercising at home as/when required.

Adults should:

- Aim to be physically active every day. Any activity is better than none, and more is better still.
- Do strengthening activities that work all the major muscles (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week (moderate; 30 minutes 5 times per week).
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

You can also achieve your weekly activity target with:

- Several short sessions of very vigorous intensity activity
- A mix of moderate, vigorous and very vigorous intensity activity.

For more information:

<https://www.nhs.uk/live-well/exercise/>

