

Activity Guidelines

Body & health

What the public health guidelines actually recommend, per week.

WHO and most national guidelines for adults aged 18–64.

Type	Amount	Examples
Moderate aerobic	150–300 min/week	Brisk walk, cycling, swimming
OR vigorous aerobic	75–150 min/week	Running, fast cycling, sport
Strength	2+ days/week	All major muscle groups
Balance (65+)	3+ days/week	Tai chi, standing work
Reduce sitting	Any reduction	Break up long sits

Moderate means you can talk but not sing. Vigorous means you can manage only a few words at a time.