VIGOROUS INTENSITY EXERCISE

Vigorous Intensity Exercise Includes

- Jogging or running
- Swimming laps
- Singles tennis
- Fast cycling
- Aerobic dancing
- Jump roping

This is the kind of activity where it would be difficult or impossible to speak while it was occurring.

Heart rate should be between 70%-85% max (about 140-170 beats per minute for a 20 year old)
PHYSICAL ACTIVITY GUIDELINES

Over the course of 1 week, all adults should accumulate

150 minutes of moderate intensity physical activity
or
75 minutes of vigorous intensity physical activity

2-3 days of strengthening exercises

7 days of stretching exercises
MODERATE INTENSITY EXERCISE

Moderate Intensity Exercise Includes

- Walking briskly at 3 mph
- Biking slower than 10 mph
- Doubles Tennis
- Light Housework
- Water Aerobics

This level of activity feels “light” to “somewhat hard”

Heart rate should be between 50%-70% max (about 100-140 beats per minute for a 20 year old)
MU STUDENTS USE EXERCISE MORE THAN ANYTHING OTHER METHOD TO LOWER STRESS LEVELS