

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**

EXERCISE?

WHAT'S THAT?