

# Get Active Challenge

According to the American College of Sports Medicine and the CDC, “all healthy adults aged 18 to 65 years should participate in moderate intensity aerobic physical activity for a minimum of 30 minutes on five days per week, or vigorous intensity aerobic activity for a minimum of 20 minutes on three days per week.” They also recommend that “every adult should perform activities that maintain or increase muscular strength and endurance for a minimum of two days per week” (see examples, below).

- **Moderate aerobic activity:** brisk walking, gardening, bicycling and water aerobics
- **Vigorous aerobic activity:** hiking, jogging, aerobic dancing and swimming laps
- **Strength training:** lifting weights, bodyweight exercises and resistance bands exercises

## Instructions:

For this two-week challenge, use the activity tracker, below, to write down and track your aerobic and strength training activity. Try and meet or exceed the physical activity guidelines.

Please note: Everyone should consult with their doctor before starting an exercise routine. These are only guidelines for physical activity, and you can exercise more often than what these guidelines suggest.

Source:  
[acsm.org/read-research/trending-topics-resource-pages/physical-activity-guidelines](https://acsm.org/read-research/trending-topics-resource-pages/physical-activity-guidelines)

Week 1: Aerobic activity						
Day	Mon	Tues	Wed	Thurs	Fri	Total
<u>Time (min)</u>						
<b>Strength training</b> (include date, time and form of strength training)						
1.			2.			

Week 2: Aerobic activity						
Day	Mon	Tues	Wed	Thurs	Fri	Total
<u>Time (min)</u>						
<b>Strength training</b> (include date, time and form of strength training)						
1.			2.			

## Access free health coaching

As a Moda Health member, you have access to free, confidential health coaching to help support you and your health goals. To learn more, visit our website or email [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com).

[modahealth.com](https://modahealth.com)

