

WHAT EXERCISE IS BEST?

Type of Exercise	Intensity	Duration	Frequency
Aerobic exercise (for heart and lung fitness)	Moderate Vigorous	Total of 300 min per week Total of 150 min per week	At least 3 days a week with no more than two consecutive days without exercising
Resistance training (muscle and bone strength)	Moderate to vigorous	60 minutes per week (included in totals above)	5-10 exercises, 2 or more times per week (2-4 sets of 8-10 repetitions)

This advice is general in nature, please speak with a health professional before starting any new exercise.