

How active are you?

Move it on up!



Active lifestyle

More than 10,000 steps per day

Examples: Race walking, running, swimming laps, tennis, aerobics, jumping rope, heavy gardening (continuous digging), hiking uphill or with a backpack

Impact: May result in weight loss and lower blood pressure and glucose levels.

Goal: Keep up the good work! When life gets busy, remember to find time to exercise and continue to make fitness a priority.

Moderate – active lifestyle

Between 7,500 – 9,999 steps per day

Examples: Walking briskly (3 miles per hour or faster), water aerobics, bicycling (10 miles per hour or slower), ballroom dancing, general gardening

Impact: To maintain a healthy lifestyle, it's recommended that adults get at least 150 minutes of moderate-intensity activity each week.

Goal: Challenge yourself to build on your current routine by adding 30 minutes of vigorous-intensity activity at least a couple times a week.

Low – active lifestyle

Between 5,001 – 7,499 steps per day

Examples: Walking leisurely, child care activities, sitting and kneeling, fishing, light housework, playing pool

Impact: A low level of activity, along with a diet high in calories and fats, is contributing to the rising rate of obesity in the United States.

Goal: Challenge yourself to add 30 minutes of moderate-intensity activity at least a couple times a week.

Sedentary lifestyle

Less than 5,000 steps per day

Examples: Little to no activity during the day.

Impact: Individuals with sedentary lifestyles are at increased risk for heart disease, certain cancers and anxiety or depression.

Goal: Challenge yourself to start walking 30 minutes most days of the week.

Take the talk test to check your intensity

If you are engaged in moderate-intensity activity, you should be able to talk, but not sing. During vigorous-intensity activity, you will not be able to say more than a few words without pausing for breath.

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