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Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. Do strength training exercises for all major muscle groups at least two times a week.

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[How fit are you? See how you measure up - Mayo Clinic](#)
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Adults (18-64 years) &

At least 150 minutes a week of moderate intensity activity such as brisk walking. At least 2 days a week of activities that strengthen muscles. Aim for the recommended activity level but be as active as you are able.

Physical Activity Recommendations for Different Age Groups - CDC

cdc : physicalactivity : basics : age-chart&l

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