How Much Exercise Do I Need to Be Healthy?

**AEROBIC ACTIVITY (ACSM, 2018 & CDC, 2015)**

- At least 150 minutes of *moderate-intensity* activity per week (raises heart rate and breathing but still able to hold a conversation such as walking fast, water aerobics, and riding a bike on level ground)
  
  OR

- At least 75 minutes of *vigorous-intensity* activity per week (raises heart rate and breathing noticeably and cannot say more than a few words without pausing for a breath such as jogging or running, swimming laps, riding a bike fast or on hills)
  
  OR

- A combination of the two

**AND**

**MUSCLE-STRENGTHENING ACTIVITIES (ACSM, 2018 & CDC, 2015)**

- 2 or more days per week INCLUDING 8 to 10 strength exercises (legs, hips, back, abdomen, chest, shoulders, arms) at 1 to 3 sets of 8 to 12 repetitions

- Examples include lifting weights, resistance bands, body weight resistance exercises like push-ups and sit-ups, yoga, lifting activities like digging, shoveling, raking, sweeping, etc.

**HAWKEYE EXERCISE RESOURCES**

- **Student Health & Wellness**: [http://studenthealth.uiowa.edu](http://studenthealth.uiowa.edu); 319-335-8394
  
  - 1-on-1 tailored consultations (fitness, nutrition, stress, sleep, tobacco and alcohol/drugs)
  
  - Fitness assessments (heart, body composition, endurance, strength & flexibility)
  
  - Exercise orientations (go through form, new equipment or exercises)
  
  - Fitness resources (email [haley-hines@uiowa.edu](mailto:haley-hines@uiowa.edu) with your fitness question or request)
  
  - YouTube Exercise Videos: [UIStudentWellness](http://uistudentwellness)

- **Recreational Services**: [http://recserv.uiowa.edu](http://recserv.uiowa.edu)
  
  - Facilities: CRWC, Field House, Fitness East, HTRC
  
  - Group Exercise Classes and Fitness Programs
  
  - Club Sports and Intramurals
  
  - Aquatics and Tennis Programs
  
  - Outdoor Rentals and Adventure Trips

- **Academic-Credit Physical Activity Classes**: Find on [MyUI](http://myui) under HPAS and LLS

- **Bicycling at Iowa**: [https://sustainability.uiowa.edu/initiatives/transportation/biking](https://sustainability.uiowa.edu/initiatives/transportation/biking)

- **Residence Hall Fitness Centers** in Hillcrest, Currier, Catlett, Mayflower