Physical Activity During COVID-19

1-5-year old
- 180 Minutes/day

5-17-year old
- 60 Minutes/day
- ≥ 3 days of muscle strengthening

Adults
- 150 minutes/week moderate-intensity
- or
- 75 minutes/week of Vigorous activity
- ≥ 2 days of muscle strengthening

Any activity is better than none

Do NOT exercise if you have:
- Fever
- Cough
- Difficulty breathing

Seek Medical attention and call in advance

Outdoor Activity
- Walking
- Running
- Hiking

Indoor Activity
- Yoga
- Stretch
- Clean
- Online exercise class

Older adults add in
- ≥ 2 days of balance activities

Remember:
- Practice social distancing
- Follow directions from local health authority

Citation: