

Table 10 Movement We Need, by Life Stage

LIFE STAGE	DAILY & WEEKLY ACTIVITY* RECOMMENDATIONS**
Young people of all abilities (5–17 years old)	<p>Daily: 1 hour of comfortable to challenging cardio</p> <p>Weekly: 3 days of activities that strengthen bones and muscles</p>
Pregnant and postpartum women without complications	<p>Weekly: 2.5 hours of comfortable cardio (can break into 30-minute sessions, 5 days/week)</p> <p>Plus: Muscle strengthening and stretching exercises when able</p>
Adults (18–64 years old)	<p>Weekly: 2.5–5 hours of comfortable cardio or 1.25–2.5 hours of challenging cardio or a combination</p> <p>Plus: 2 days of muscle strengthening exercises for all major muscle groups</p>
Adults with chronic conditions or disabilities (18 and older)	<p>Weekly: 2.5–5 hours of comfortable cardio or 1.25–2.5 hours of challenging cardio or a combination</p> <p>Plus: 2 days of muscle strengthening</p> <p>Plus: 3 days of balance and functional strength activities (such as yoga or tai chi)</p>
Older adults (65 and older)	<p>Weekly: 2.5–5 hours of comfortable cardio or 1.25–2.5 hours of challenging cardio or a combination</p> <p>Plus: 2 days of muscle strengthening</p> <p>Plus: 3 days of balance and functional strength activities (Tai Chi, yoga, stability exercises)</p>
<p><i>*Activity Intensity Definitions:</i></p> <ul style="list-style-type: none"> • <i>Comfortable: Breathing is easy through your nose. Feels like you can keep going.</i> • <i>Challenging: Breathing is harder through your nose. Feels like you are pushing yourself.</i> <p><i>**Recommendations are averages and won't work for everyone. Everyone has different needs.</i></p>	

Source: World Health Organization. (2020). *WHO guidelines on physical activity and sedentary behaviour*.