

Health tip: Get Up & Go



How much exercise is needed for good health? The good news is you don't have to be an iron man. 30 minutes of moderate physical activity on most days of the week may provide many of the same benefits as strenuous exercise.

Physical activity is anything that gets the body moving, including walking. The Centers for Disease Control and Prevention recommends that adults get 150 minutes of moderate intensity aerobic activity a week (or 75 minutes of vigorous intensity aerobic activity) and 2 or more days of a week of muscle strengthening activities for all major muscle groups (legs, hips, back, chest, shoulders and arms). It is also recommended that children and adolescents are active for at least 60 minutes every day.¹

Did you know?

It's recommended to consult with your Primary Care Physician before engaging in an exercise program.

A moderate exercise program may help improve:¹

- Heart and lung efficiency
- Muscle strength and flexibility
- Fat burning, which may help control weight
- Quality of sleep
- Overall well-being
- The reduction of other health risks

So what is vigorous and moderate activity?

Moderate activity is a little bit less challenging than vigorous, where you can speak but you feel you are exerting yourself and making an effort.

Getting 30 minutes of moderate activity on most days, along with two or more days of muscle strengthening activities, has been proven to provide health benefits.²

Examples of moderate intensity activities include:

- Brisk walking
- Water aerobics
- Dancing
- Riding a bike on level ground or with a few hills
- Pushing a lawnmower

Vigorous activity is when you feel challenged by the activity, and when your breathing is hard enough so that conversation becomes difficult and broken. Rapid breathing and an elevated, fast heart rate is likely to occur.²

Here are some examples of activities that are considered vigorous intensity:

- Jogging or running
- Riding a bike fast or up hill
- Swimming laps
- Playing single tennis or basketball

Consider these tips to help add physical activity into your daily life:³



Wake up a little earlier. Start by setting your alarm clock just five minutes earlier. Do stretches and jumping jacks before getting in the shower, or follow a short online exercise routine.



Find a workout buddy. Exercising with a friend may be more fun than working out alone, and it's a good motivator. Ask a coworker to go for a walk during lunch or see if a neighbor wants to walk after work.



Schedule your fitness activities. If you put exercise on your calendar like other appointments, you may be more likely to do it.



Create a home (or desk) gym. If you have equipment always at the ready, it may be easier to steal five minutes to use it. A jump rope, a stability ball, exercise bands and dumbbells may not cost much or take up much room.



Exercise while you work. You may raise your activity level and productivity with neck rolls or arm raises (push hands out to the side and then up toward the ceiling). Or do a few modified push-ups on the edge of your desk.



Park your car further away. Get more steps in each day by picking the last parking spot available wherever you go.

Did you know?

Getting enough water each day is an essential part of good health. Water helps your body to keep a normal temperature, lubricate and cushion joints, and avoid dehydration. Dehydration may cause confusion, result in mood change, cause your body to overheat, and lead to constipation.

A few recommendations to follow include:

- Carry a water bottle with you that can be refilled during the day
- Choose water over sugary beverages
- Opt for water when dining out

Other healthier beverages include plain coffee or tea, sparkling water, low fat or fat-free milk, almond or soy milk, and 100% fruit or vegetable juice.⁴

Sources:

1. CDC. <https://www.cdc.gov/physical-activity-basics/guidelines/adults.html>. 2023. Accessed April 2026.

2. CDC. <https://www.cdc.gov/physical-activity-basics/adding-adults/what-counts.html>. 2023. Accessed April 2026.

3. AHA. <https://www.heart.org/en/healthy-living/fitness/getting-active/no-time-for-exercise-here-are-7-easy-ways-to-move-more>. 2024. Accessed April 2026.

4. CDC. <https://www.cdc.gov/healthy-weight-growth/water-healthy-drinks/>. 2026. Accessed April 2026.

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