



Maryland State Advisory Council on Physical Fitness

Department of Health and Mental Hygiene
www.MarylandFitness.org

Adult Physical Activity Recommendations

The Maryland State Advisory Council on Physical Fitness recommends that all adults **age 18-49**, regardless of ability, participate in daily, moderate physical activity. According to the Centers for Disease Control and Prevention, the benefits of moderate activity include:

- Decreased risk of dying from coronary heart disease and of developing high blood pressure, diabetes and colon cancer
- Decrease in blood pressure in some people with hypertension
- Healthier bones, muscles and joints
- Reduced symptoms of anxiety and depression and improvements in mood and feelings of well-being

The Council recommends that all adults age 18 – 49 set a long-term goal to accumulate at least 30 minutes or more of moderate physical activity every day of the week. It should be noted that shorter bouts of moderate activity (at least 10 minutes) also have similar health benefits if the accumulated duration is at least 30 minutes per day. The following are examples of moderate physical activity:

- Walking briskly
- Walking downstairs
- Dancing
- Biking
- Swimming
- Gardening and active housework (e.g. washing floors or windows)

People who currently meet these recommended minimal standards may derive additional health and fitness benefits from becoming physically active for longer periods of time, or including more vigorous activity.

For a complete fitness program, all adults should also include resistance training of all the muscle groups, 2 –3 days per week to enhance muscular strength and endurance. In addition, it is recommended that stretching exercises be performed a minimum of 2 - 3 days per week to maintain, or improve flexibility. Balance and coordination can be maintained and/or improved by performing daily activities that challenge those systems.