

Exercise recommendations

Frequency

- Aim to exercise **3 to 7 days per week**
- Aerobic and stretching exercises can be done every day, with strength training on alternate days

Intensity

- Aim for **moderate intensity**, i.e., **talk but can't sing** while exercising

Time

- Aim for an average of **150 - 300 minutes of exercise per week** or 30 minutes of exercise for 5 days per week
- Do more to lose weight

Type

- Include a combination of aerobic, resistance and flexibility (stretches) exercises
- Progress to include other types of exercises such as balance, agility and even power training

