

# Weekly aerobic exercise tips

FOR BUSY WORKING PEOPLE



**Aerobic exercise** is physical activity that increases the heart rate and the body's use of oxygen.

The following tips are based on the FITT principle:

- Frequency – how often you exercise
- Intensity – how hard you exercise
- Time – how long you exercise for
- Type – what type of exercise you do

The following recommendations are suitable for adults.

● **MODERATE EXERCISE**  
30 minutes  
5 days a week  
(150 minutes per week)

Examples:

- walking
- aqua aerobics
- light to moderate intensity jogging
- hiking
- playing sport

● **VIGOROUS EXERCISE**  
25 minutes  
3 days a week  
(75 minutes per week)

Examples:

- running
- fast dancing
- stepping (using a step platform)
- cycling
- tabata training
- climbing stairs
- jumping rope



This higher-intensity workout provides the same benefits in 3 days as moderate exercise provides in 5 days.