

# Do You Get **30 Minutes** of Moderate Physical Activity Every Day?

## EXAMPLES OF MODERATE AMOUNTS OF PHYSICAL ACTIVITY

**Washing & Waxing a Car** (45-60 minutes) • **Washing Windows or Floors** (45-60 minutes) • **Gardening** (30-45 minutes) • **Wheeling Self in Wheelchair** (30-40 minutes) • **Pushing a Stroller** (1.5 miles in 30 minutes) • **Raking Leaves** (30 minutes) • **Walking** (15 minutes/mile) • **Shoveling Snow** (15 minutes) • **Stairwalking** (15 minutes) • **Playing Volleyball** (45 minutes) • **Playing Touch Football** (30-45 minutes) • **Basketball (Shooting Baskets)** (30 minutes) • **Bicycling** (5 miles/ 30 minutes) • **Dancing Fast (Social)** (30 minutes) • **Water Aerobics** (30 minutes) • **Swimming Laps** (20 minutes) • **Basketball (Playing Game)** (15-20 minutes) • **Jumping Rope** (15 minutes) • **Running** (10 minutes/mile) • **Wheelchair Basketball** (20 minutes)