Recommendation for health-enhancing physical activity for adults aged 18–64

**Improve aerobic fitness** by being active several days a week, for total of at least 2 h 30 min of moderate activity or 1 h 15 min of vigorous activity.

**In addition** increase **muscular strength** and improve **balance** at least 2 times a week.

---

**Muscle-strengthening and balance training**

- Strength training
- Sequence training
- Balance training
- Ball games, skating
- Stretching, dancing
- Aerobics
- Nordic walking
- Stairs and hill climbing
- Fitness swimming
- Water running
- Aerobics
- Cycling
- Running
- Cross-country skiing
- Racket games
- Running ball games

**Aerobic physical activity**

- Walking
- Nordic walking
- Cycling
- Heavy house & yard work
- Berry picking
- Fishing
- Hunting
- Stairs and hill climbing
- Running
- Cross-country skiing
- Racket games
- Running ball games

**Weekly physical activity pie**

2 h 30 min a week

2 times a week

1 h 15 min a week

---

UKK Institute 2009