




# Benefits of Different Programs

	 <p><b>Lifestyle physical activity</b></p>	 <p><b>Moderate exercise program</b></p>	 <p><b>Vigorous exercise program</b></p>
<b>Description</b>	Moderate physical activity—an amount of activity that uses about 150 calories per day	Cardiorespiratory endurance exercise (20–60 minutes, 3–5 days per week); strength training and stretching exercises (2–3 days per week)	Cardiorespiratory endurance exercise (20–60 minutes, 3–5 days per week); interval training; strength training (3–4 days per week); and stretching exercises (3–5 days per week)
<b>Sample activities or program</b>	<p><i>One of the following:</i></p> <ul style="list-style-type: none"> <li>• Walking briskly to and from work, 15 minutes each way</li> <li>• Cycling to and from class, 10 minutes each way</li> <li>• Yardwork for 30 minutes</li> <li>• Dancing (fast) for 30 minutes</li> <li>• Playing basketball for 20 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• Jogging for 30 minutes, 3 days per week</li> <li>• Weight training, 1 set of 8 exercises, 2 days per week</li> <li>• Stretching exercises, 3 days per week</li> </ul>	<ul style="list-style-type: none"> <li>• Running for 45 minutes, 3 days per week</li> <li>• Intervals: running 400 m at high effort, 4 sets, 2 days per week</li> <li>• Weight training, 3 sets of 10 exercises, 3 days per week</li> <li>• Stretching exercises, 5 days per week</li> </ul>
<b>Health and fitness benefits</b>	<p>Better blood cholesterol levels, reduced body fat, better control of blood pressure, improved metabolic health, and enhanced glucose metabolism; improved quality of life; reduced risk of some chronic diseases</p> <p>Greater amounts of activity can help prevent weight gain and promote weight loss</p>	<p>All the benefits of lifestyle physical activity, plus improved physical fitness (increased cardiorespiratory endurance, muscular strength and endurance, and flexibility) and even greater improvements in health and quality of life and reductions in chronic disease risk</p>	<p>All the benefits of lifestyle physical activity and a moderate exercise program, with greater increases in fitness and somewhat greater reductions in chronic disease risk</p> <p>Participating in a vigorous exercise program may increase risk of injury and overtraining</p>