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answer from edward r laskowski m d for most healthy adults the department of health and human services recommends these exercise guidelines aerobic activity get at least 150 minutes of moderate aerobic activity a week or get at least 75 minutes of vigorous aerobic activity a week

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1 exercise controls weight exercise can help prevent excess weight gain or help you keep off lost weight when you take part in physical activity you burn calories the more intense the activity the more calories you burn regular trips to the gym are great but don t worry if you can t find a large chunk of time to exercise every day

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1 exercise physical activity and fitness what s the difference physical activity is simply any bodily movement performed by the muscles that expend energy this includes all the movement

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starting a fitness program may be one of the best things for health physical activity can lower the risk of diseases such as heart disease and cancer exercise can improve balance and the ability to move smoothly called coordination it can help with weight loss and boost self esteem

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2 push ups the push up is beneficial for building up your upper body strength and targets your chest triceps back and shoulders although it s a well known exercise it s also one that is

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