Achieving
New Levels

Capital BlueCross

Exercise is essential for maintaining a healthy weight and cardiovascular system. According to the Centers for Disease Control, Americans should engage in moderate-intensity activities for at least 30 minutes, five times per week. Moderate intensity is defined as an activity that burns 3.5 to 7 calories per minute, or performing activities such as walking briskly, mowing the lawn, dancing, swimming, or bicycling on level terrain.

Day	Date	Activity	Distance/Time	Notes
S				
M				
T				
W				
TH				
F				
S				

This week's goal: Check when complete ☐

Day	Date	Activity	Distance/Time	Notes
S				
M				
T				
W				
TH				
F				
S				

This week's goal: Check when complete ☐

Higher-intensity activities require less time spent exercising, while lower-intensity activities require more time spent exercising.

Light-Intensity Activities	**Moderate-Intensity Activities**	**Vigorous-Intensity Activities**
(60 minutes of exercise)	*(30–60 minutes of exercise)*	*(20–30 minutes of exercise)*
• Walking slowly	• Walking briskly	• Race walking *(jogging or running)*
• Golf *(powered cart)*	• Golf *(pulling or carrying clubs)*	• Swimming laps
• Swimming *(slow treading)*	• Swimming *(recreational)*	• Mowing lawn *(hand mower)*
• Gardening or pruning	• Mowing lawn *(power motor)*	• Tennis *(singles)*
• Bicycling *(very light effort)*	• Tennis *(doubles)*	• Bicycling more than 10 mph, or on steep, uphill terrain
• Dusting or vacuuming	• Bicycling 5 to 9 mph *(level terrain, or with a few hills)*	• Moving or pushing furniture
• Conditioning exercise *(light stretching or warm-up)*	• Scrubbing floors or washing windows	• Circuit training
	• Weight lifting *(Nautilus machines or free weights)*	