



Walk Kansas

KANSAS STATE
UNIVERSITY

Extension
Shawnee County

Physical Activity Guidelines for Americans:

- For substantial health benefits, adults should do at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total
Week #1 Minutes								
Week #2 Minutes								
Week #3 Minutes								
Week #4 Minutes								

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Atalie Tompkins, 785-232-0062, extension 103.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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