

Resource Guide

[August 2025]

Healthy Habits with your CMD: How Much Exercise Do You Need?

Exercising can make your body stronger, improve your mood, and help you maintain your health as you age. For most adults between the ages of 18 and 64, these guidelines are recommended:

- At least 150 minutes of moderate-vigorous exercise per week (e.g., running, cycling)
- Muscle strengthening activities using major muscle groups at least 2x per week (e.g., weight-lifting)
- Several hours of light physical activities each week (e.g., standing)
- Less than 8 hours of sedentary time per week (e.g., sitting)



To explore the Canadian guidelines for physical activity for other age groups, visit the [Canadian Society for Exercise Physiology](https://www.csep.ca/).