

## **PE WebQuest**

### **EXERCISE RECOMMENDATIONS FOR ADULTS**

We know that children should be getting 60 minutes of activity each day but what about adults? You will find the answers to the following questions by visiting the links provided.

1. What are the two different types of physical activity that adults should be getting each week? <http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>
  
2. Each week how many minutes of moderate intensity aerobic activity should adults be getting?
  
3. How many days each week should adults be doing muscle-strengthening activities?
  
4. Give two examples of a moderate intensity aerobic activity.
  
5. Give two examples of a muscle-strengthening activity.
  
6. List 3 benefits of getting the recommended amount of exercise each week and explain each. <http://www.cdc.gov/physicalactivity/everyone/health/index.html>