

The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

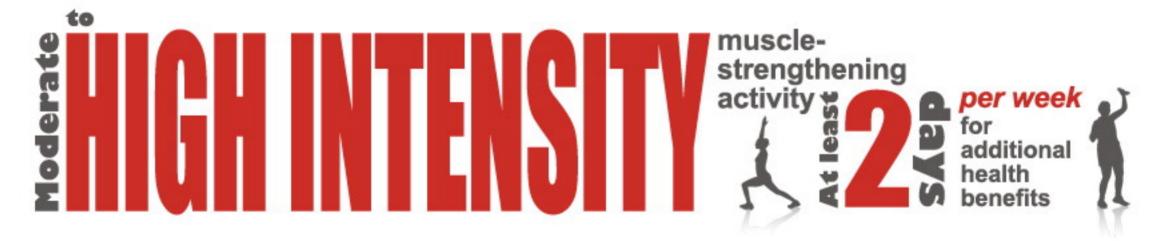


OR

of vigorous aerobic activity

or a combination of the two

AND



For Lowering Blood Pressure and Cholesterol:

