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## Endurance or Aerobic Activities

Endurance exercises improve the health of your heart, lungs, and circulatory system. Physical activities that build endurance include:

- Brisk walking
- Yard work (mowing, raking)
- Dancing
- Jogging
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis
- Playing basketball

Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best. Remember, though, that these are goals, not rules. Some people will be able to do more. Others, however, may not be able to exercise for 30 minutes at a time. It's important to set realistic goals based on your own health and abilities.