

Classification of Total Weekly Amounts of Aerobic Physical Activity into Three Categories

Low “C”	Activity beyond *baseline but fewer than 150 minutes a week	Some	Low levels of activity are clearly preferable to an inactive lifestyle	Delaware Senior Olympics Senior Group Challenge Points = 200 per month
Medium “B”	150 minutes to 300 minutes a week	Substantial	Activity at the high end of this range has additional and more extensive health benefits than activity at the low “C” end	Delaware Senior Olympics Senior Group Challenge Points = 300 per month
High “A”	More than 300 minutes a week	Additional	Current science does not allow researchers to identify an upper limit of activity above which there are no additional health benefits	Delaware Senior Olympics Senior Group Challenge Points = 500 per month

*baseline is non-physical activity in daily life. (i.e. standing, walking slowly, etc.)

Statistics drawn from “Introducing the 2008 Physical Activity Guidelines for Americans” published by the U.S. Department of Health and Human Services.