

General Physical Activity Recommendations



Physical activity is important for maintaining good health and improving quality of life in people of all ages. It's not just about practicing intense sports, but about incorporating simple movements into daily routines, such as walking, dancing, or stretching. Promoting physical activity for everyone means providing accessible and safe opportunities so that each person can stay active according to their abilities.

Why is physical activity important?

Physical activity doesn't just strengthen the body. It also improves the mind and emotional well-being. Its benefits include:

- **Cardiovascular health:** reduces the risk of heart attacks and high blood pressure.
- **Weight management:** Helps burn calories and maintain a healthy weight.
- **Strength and bones** prevent loss of muscle mass and osteoporosis.
- **Mental health:** reduces stress, anxiety, and depression; improves mood and concentration.
- **Sleep and energy** improve sleep quality and increase daily energy.
- **Disease prevention:** decreases the risk of diabetes, certain cancers, and chronic diseases



General recommendations

- **Adults:** 150 minutes per week of moderate activity or 75 minutes of vigorous activity, plus strength exercise 2 times per week.
- **Children and teens:** At least 60 minutes a day of activity, including games, sports, and muscle strengthening.

- **Older people or people with limited mobility:** gentle movements, stretching, walking and balance exercises adapted to their abilities.

Types of physical activity

- **Aerobics:** improve endurance and heart. Examples: walking, running, swimming, dancing.
- **Strength:** They maintain strong muscles and bones. Examples: weights, elastic bands, squats, push-ups
- **Flexibility:** they prevent injuries and improve mobility. Examples: stretching, yoga, pilates.
- **Balance:** they reduce the risk of falls, which are very important for older adults. Examples: tai chi, standing and balance exercises.

Tips for staying motivated

- Choose activities that you enjoy and that fit into your routine.
- Practice in the company of friends, family, or groups.
- Set small goals and celebrate each accomplishment.
- Vary the activities so you don't get bored.
- Keep track of your progress: steps, active minutes, or weight lifted.

Extra benefits you didn't know

- Improves posture and coordination.
- Increases memory and cognitive skills.
- Encourages social interaction and fun.
- It helps to better manage chronic pain and fatigue.



General Security Recommendations

- Check with your doctor before starting a new routine, if you have chronic illnesses or injuries.
- Wear shoes and clothing that are appropriate for the type of physical activity.
- Stay hydrated and warm up before and stretch after exercise.
- Listen to your body: avoid overloading and rest when you need to.

Social and Emotional Aspect

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or call the following phone lines:

Medical Advice Line:

1-844-347-7801

TTY/TDD 1-844-347-7804

APS Health

787-641-9133

References:

<https://www.who.int/es/news-room/fact-sheets/detail/physical-activity>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-in-adults>

<https://odphp.health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines>

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