

# PHYSICAL ACTIVITY IN THE GARDEN

Adults, teens, and children should do both “aerobic” and “weight-bearing” activities for general health. Aerobic activities help the heart and lungs. Weight-bearing activities improve muscle and bone strength. Adults, teens, and children who are physically active are less likely to be overweight or obese, thereby lowering the risks of high blood pressure, diabetes, asthma, and other health problems. It is important to be physically active on a daily basis!

Adults (ages 18-64) need at least 30 minutes of aerobic moderate to vigorous physical activity at least 5 days a week. To maintain proper muscle and bone strength, adults need weight-bearing physical activity at least 2 days a week.

Children and teens (ages 6-17) should get 60 minutes of moderate to vigorous physical activity every day. Most of a child’s or teen’s physical activity should be aerobic, followed by weight-bearing tasks to improve muscle strength. Activity time can be broken into 10 minute segments.



## Aerobic gardening activities include:

- Raking
- Moving items with a wheel barrel
- Mowing with a non-power push mower

## Weight-bearing and muscle building gardening activities include:

- Lifting and carrying heavy items; watering cans, bags of leaves or grass clippings
- Shoveling or digging
- Pruning

## Activity Intensity

## What Happens

Moderate

You will start to sweat after about 10 minutes. Breathing becomes deeper and a bit faster. You can talk to another person without having to stop for a deep breath, but not sing.

Vigorous

You will start to sweat after 3-5 minutes. Breathing is deep and rapid. You can only talk in short phrases.



ACTIVITY	Calories Burned Adult (180 lbs.)*	Child/ Adolescent (125 lbs.)*
Digging, spading, and tilling	220	150
Mowing lawn using push mower	244	165
Weeding and cultivating garden beds	205	139
Raking and bagging leaves	178	120

(\*American College of Sports Medicine)

For more information on physical activity visit the California Active Communities website [www.CAactivecommunities.org](http://www.CAactivecommunities.org)

