



## What is Multicomponent Physical Activity?

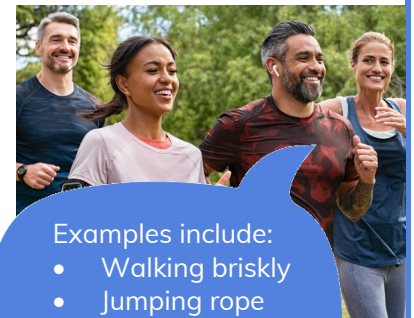
An exercise program or daily physical activity regimen that includes aerobic, muscle-strengthening, and balance activities is multicomponent.

### Aerobic Activity

Aerobic activity is also known as cardio, cardiorespiratory, and endurance activity.

Aerobic activities get the heart beating faster by moving the body's large muscle groups in a rhythmic manner over a sustained period of time.

When considering how to add these activities into your daily routine think about how hard to do them (intensity), how often to do them (frequency), and for how long to do them (duration).



Examples include:

- Walking briskly
- Jumping rope
- Swimming
- Running
- Bicycling

### Muscle-strengthening Activity

Muscle-strengthening activity is also known as resistance training, muscular training, strength training, and weightlifting. These activities involve lifting weights or holding against an applied force or load causing the muscles to work harder to build muscular fitness.

When considering adding **muscle-strengthening** activity to your physical activity plan, think about:

- How hard to work (intensity)
- How often you will target each major muscle group (frequency)
- How many sets (a group of repetitions) and repetitions (doing an exercise one time) you plan to do for each exercise.

### Balance Activity

Balance activities are those that help improve your ability to resist forces coming from outside and within the body that may cause a person to fall while moving or stationary.

Examples of these types of activities include standing on one leg, walking backward, and lunging in multiple directions.