How Often Should I Exercise?

This is an excerpt from the "HIV and Exercise" Basics page on POZ.com.

September 26, 2022

Federal guidelines recommend at least 150 minutes of moderate-intensity aerobic activity or 75 minutes of vigorous activity per week as well as strength training activities at least two days per

week.

It is better to spread this activity over multiple days—for example, a half hour of moderate exercise five days a week—rather than doing it all at once.

The overall goal, according to the Centers for Disease Control and Prevention, is to move more and sit less throughout the day. People who do any amount of moderate to vigorous physical activity gain health benefits.

You can add more activity to your day by taking the stairs instead of the elevator or parking farther away from your destination and walking part of the way.

If exercising is difficult due to physical limitations, even a small amount of activity is better than none.

This is an excerpt from the “HIV and Exercise” Basics page on POZ.com.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/often-exercise-hiv