

Exercising in your 20s-30s

Peak fitness and habit formation



Why exercise matters in your 20s and 30s

Your 20s and 30s are a period of peak physical capacity. For most, this window will be the strongest and fittest you may be in your lifetime.

Maintaining regular physical activity during this period is strongly associated with delayed cardiovascular decline and improved long-term metabolic health (Journal of Applied Physiology, 2025).

Recommended weekly activity

Adults should aim for:

- 150–300 minutes moderate aerobic activity, or
- 75–150 minutes vigorous aerobic activity, plus
- Strength training at least two days per week

(Golaszewski et al., 2021; Canada.ca, 2026)

What to prioritise

- Continue to build muscle mass (strength training)
- Cardiovascular fitness
- Continue to develop sustainable exercise habits
- Continue to improve/maintain bone density with impact activities and strength training

Exercise physiologist expert insight

Building muscle mass and maintaining cardiovascular fitness during early adulthood can significantly influence long-term metabolic health and physical function – greatly reducing your risk of heart attacks and stroke into your later life!