Objective: The purpose of this study is to determine the optimal duration and intensity of exercise for elderly people for the prevention of the metabolic syndrome. Research Design and Methods: The population-based Cooperative Research in the Region of Augsburg (KORA) S4 Survey with 1,653 participants aged 55-74 years was used to investigate the relationship between the metabolic syndrome and physical activity. Results: Fifty-seven percent of men and 48% of women showed clinical symptoms of the metabolic syndrome. Leisure activities were common (>80% walked >30 min/day). Sports activities performed regularly for 2 h per week were even more effective (0.62 [0.42-0.92] for men and 0.59 [0.39-0.89] for women). In contrast, activities such as walking and cycling did not have an additional influence. Conclusions: Intense physical activity by the elderly should be promoted in addition to leisure physical activity for the prevention of the metabolic syndrome.