



“You know what gets me moving? Knowing how good I’ll feel when I’m done.”



You can feel the benefits of physical activity today.

✓ Less stress

✓ Better mood

✓ Better sleep

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

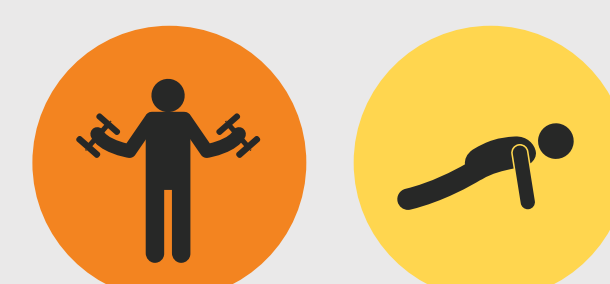
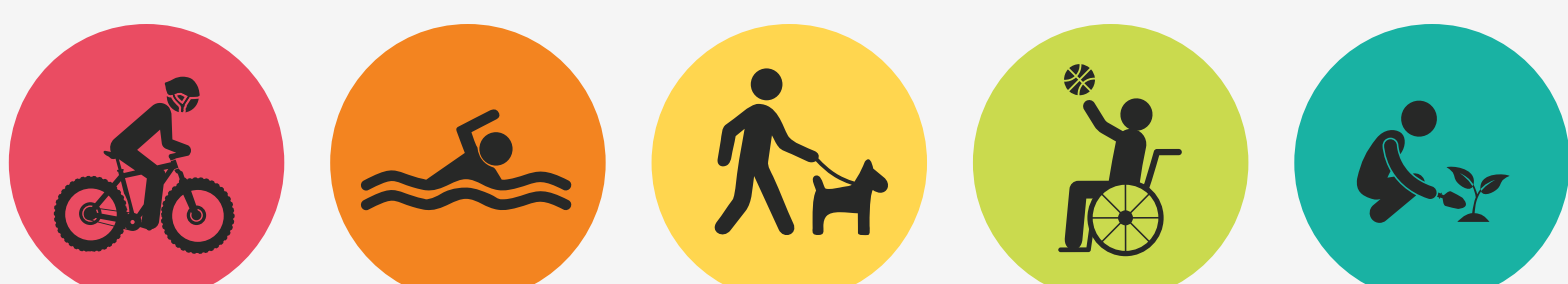
at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Walk. Run. Dance. Play. What’s **your move?**

health.gov/MoveYourWay

