



**“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.

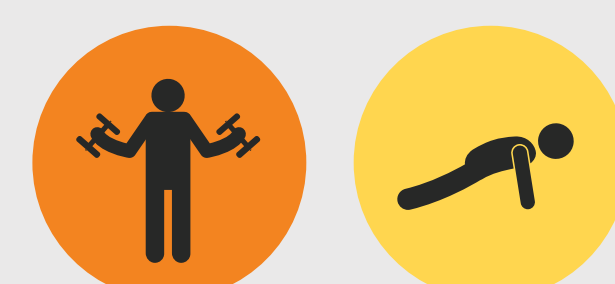
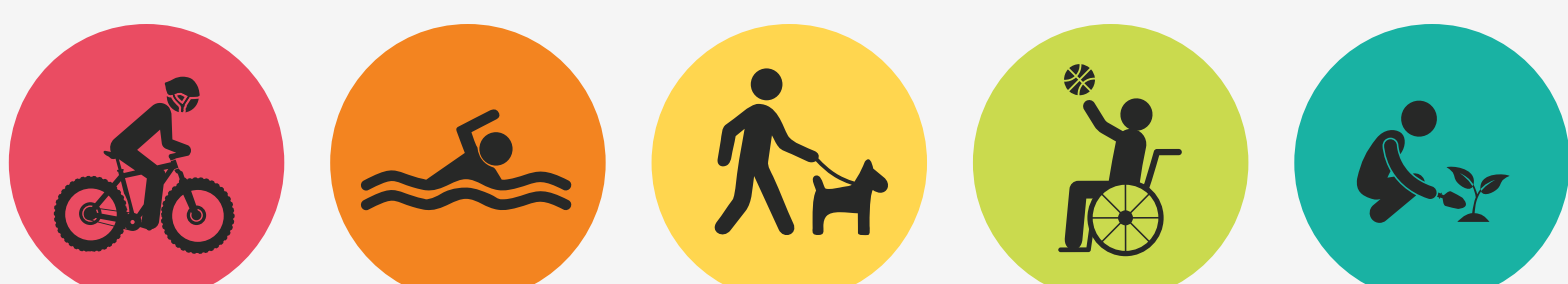
at least  
**150**  
minutes  
a week

**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](http://health.gov/MoveYourWay)





**“Bringing my blood pressure down — one step at a time.”**

**Physical activity is just what the doctor ordered.**

**Being active can help you manage conditions like:**

✓ Diabetes

✓ Arthritis

✓ Heart disease

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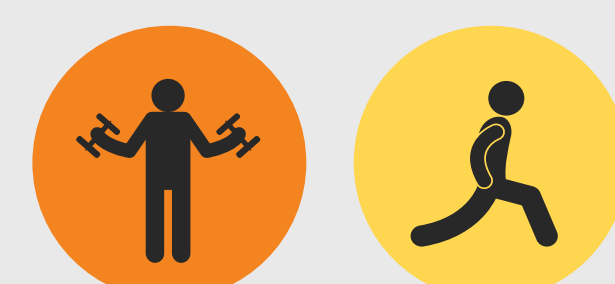
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“ How do I stay active?  
I like to show off my  
dance moves ”

**Lots of things count. And it all adds up.  
Find what works for you.**

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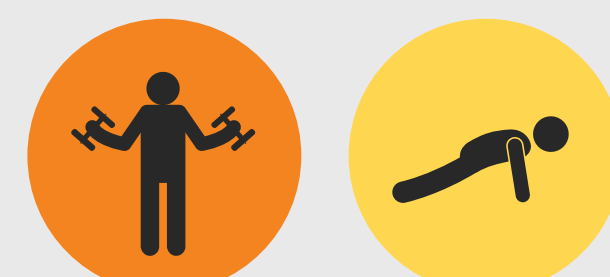


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