



**“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.

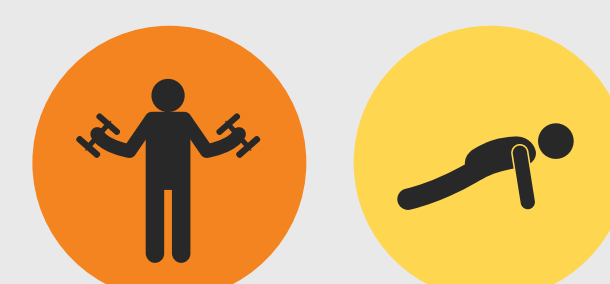
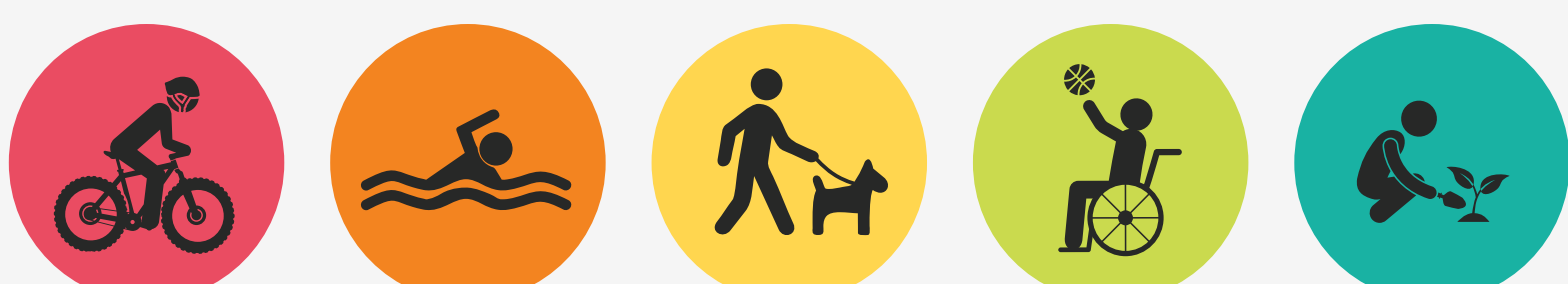
at least  
**150**  
minutes  
a week

**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)

