MOVE YOUR WAY

"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.

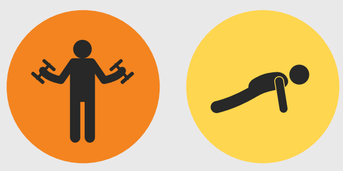
at least **150** minutes a week

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

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