Adults need a mix of physical activity to stay healthy.

You can feel the benefits of physical activity today.

- Less stress
- Better mood
- Better sleep

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

Moderate-intensity aerobic activity
Anything that gets your heart beating faster counts.

- at least 150 minutes a week

Muscle-strengthening activity
Do activities that make your muscles work harder than usual.

- at least 2 days a week

health.gov/MoveYourWay