Adults need a mix of physical activity to stay healthy.

“Forget the treadmill. I’d rather show off my dance moves.”

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

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

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

Walk. Run. Dance. Play. What’s your move?
health.gov/MoveYourWay