Physical activity is just what the doctor ordered. Being active can help you manage conditions like:

- Diabetes
- Arthritis
- Heart disease

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

**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