Adults need a mix of physical activity to stay healthy.

“Keeping up with my kid — that’s my move.”

There are all kinds of ways to get active. Find what works for you.

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