



# What's your move... to become PHS Mission Fit?

You know you need physical activity to stay healthy.  
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

**So get more active – and start feeling better today.**

## How much activity do I need?

### 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.



Tight on time this week? **Start with just 5 minutes.** It all adds

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

## Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, just try talking:

- If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

## What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don’t feel like exercise

## You can get more active.

Whether you are training for the PFT, unloading supplies, or playing basketball with friends, try to be a little more active each day. **Even small changes can add up to big health benefits!**



And over time, physical activity can help you remain mission fit.

✓ Stay at a healthy weight

✓ Manage stress and reduce anxiety

✓ Improve cardiorespiratory and muscular fitness

Taking care of your body is taking care of your mission. So get active today. **Move Your Way.**

Find tips to get moving and build a weekly activity plan.

[odphp.health.gov/MoveYourWay/Activity-Planner](https://odphp.health.gov/MoveYourWay/Activity-Planner)

Learn more about PHS Mission Fit.

[health.gov/PHS-Mission-Fit](https://health.gov/PHS-Mission-Fit)

