

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 up!

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 moderateintensity activity
- If you can only say a few words before you have to take a breath, it's vigorousintensity 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.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- \checkmark Lower your risk of diseases like \checkmark Control your blood type 2 diabetes and some cancers
- pressure

V Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner

