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

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

AND

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