MOVE YOUR WAY℠

# "Keeping up with my kid — that's my move."

## There are all kinds of ways to get active. 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.

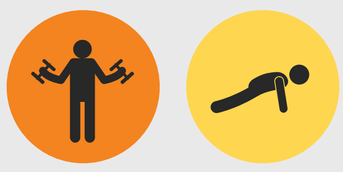
at least **150** minutes a week

**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

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