“I started slow after my baby was born. That really worked for me.”

Any amount of physical activity — even 5 minutes — has benefits:

✔ More energy
✔ Better mood
✔ Less stress

Everyone needs a mix of physical activity to stay healthy — and you need the same mix during and after pregnancy.

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