“You know what gets me moving? Knowing how good I’ll feel when I’m done.”

You can feel the benefits of physical activity today.

✓ Less stress  ✓ Better mood  ✓ Better sleep

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

**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