Physical activity can make daily life better.

When you're active and strong, it's easier to:

- Do everyday tasks, like chores and shopping
- Keep up with the grandkids
- Stay independent as you get older

And it has big health benefits, too.

- Less pain
- Better mood
- Lower risk of many diseases

How much activity do I need?

**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**

Break it up over the whole week however you want!
Physical activity can help manage many health problems.

- Reduce symptoms of arthritis, anxiety, and depression
- Help keep diabetes and high blood pressure under control

**Just getting started?**

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

**And all sorts of activities count.**

- Even things you have to do anyway
- Even things that don’t feel like exercise

**You can get more active.**

No matter your age, you can find a way that works for you.

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