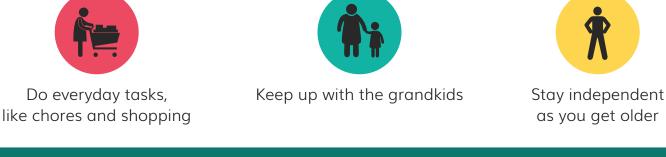
# What's your move?

# Physical activity can make daily life better.

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

**WAY**<sub>®</sub>

R



#### And it has big health benefits, too.

🗸 Less pain



 $\checkmark$  Lower risk of many diseases

**OLDER ADULTS** 

## How much activity do I need?

#### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



#### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



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 that don't feel like exercise

Even things you have to do anyway

## 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

