Physical activity is just what the doctor ordered. Being active can help you manage conditions like:

- Diabetes
- Arthritis
- Heart disease

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

health.gov/MoveYourWay

“Bringing my blood pressure down — one step at a time.”