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

What types of activity do I need?

**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.

- **At least 150 minutes a week**

**Muscle-strengthening activity**

Activities that make your muscles work harder than usual count.

- **At least 2 days a week**

**And mix in activities to improve your balance!**

Aim for a mix of aerobic, muscle-strengthening, and balance activities.

Try activities that count as more than 1 activity type — like dancing, sports, or tai chi — to help keep your body strong and lower your risk of falls.
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.

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