



# What's your move?

## 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](https://health.gov/MoveYourWay/Activity-Planner)

