



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

Physical activity is just what the doctor ordered.

Being active can help you manage conditions like:

✓ Diabetes

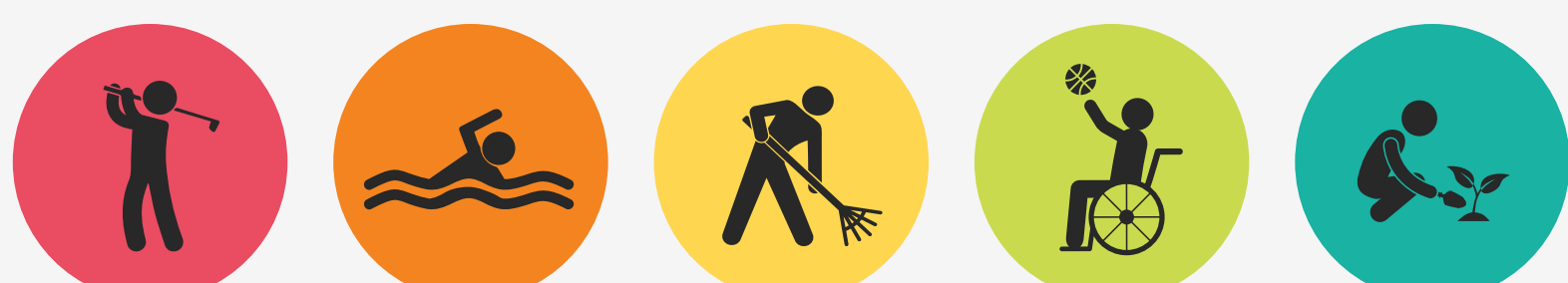
✓ Arthritis

✓ Heart disease

Adults need a mix of physical activity to stay healthy.

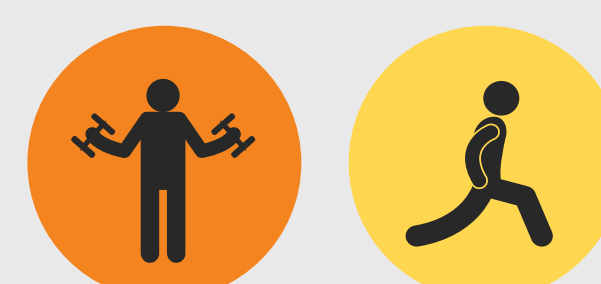
Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Walk. Run. Dance. Play. What's **your move?**

health.gov/MoveYourWay

