



“Keeping up with my kid — **that’s my move.**”



There are all kinds of ways to get active.  
**Find what works for you.**

**Adults need a mix of physical activity to stay healthy.**

**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.

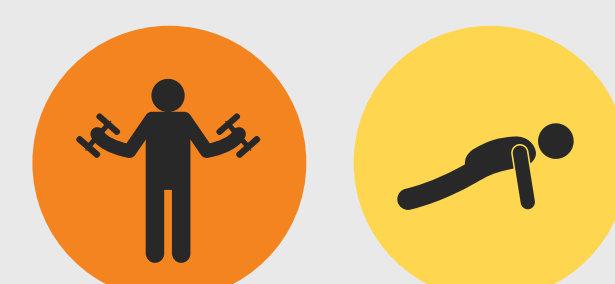
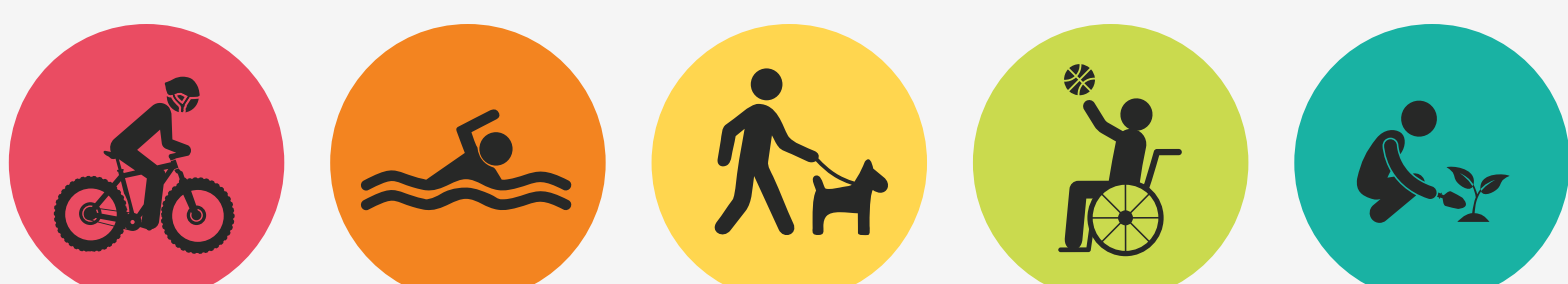
at least  
**150**  
minutes  
a week

**AND**

**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



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

[health.gov/MoveYourWay](http://health.gov/MoveYourWay)

