








HOW TO BE MORE ACTIVE

1 MOVE MORE

Adults should get a weekly total of at least

150 minutes of moderate aerobic activity  **OR** **75** minutes of vigorous aerobic activity 

or a combination of both, spread throughout the week.

-  **BE STRONG**
Include muscle-strengthening activity (like resistance or weight training) at least twice a week.
-  **ADD INTENSITY**
Increase time, distance, amount or effort for more benefits.
-  **SIT LESS**
Get up and move throughout the day.

KIDS & TEENS should get at least **60 minutes** of physical activity every day.



2 TIPS FOR SUCCESS

SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.

KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.

WALK MORE

There are many ways to get active. You may find walking the easiest way to start.

ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.

MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.