HOW TO BE MORE ACTIVE

MOVE MORE
Adults should get a weekly total of at least

150 MINUTES
of moderate aerobic activity
(water aerobics, social dancing, gardening)

OR

75 MINUTES
of vigorous aerobic activity
(running, swimming laps, jumping rope)

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, including play and structured activities.

Learn more at heart.org/lifes8

TIPS FOR SUCCESS

SET GOALS
Set realistic goals and make small, lasting changes to prime yourself 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.

STAY ACTIVE
Not only can it help you feel, think, sleep and live better, staying active also improves overall quality of life. Every active minute counts toward your goal.

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.