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