

HOW TO BE MORE ACTIVE



MOVE MORE

Exercise is like a workout for your heart and brain. Getting active, even just going outside for a walk, can help you feel better. It can reduce stress, improve your mood and help you feel recharged. Adults should get a weekly total of at least:



of moderate aerobic activity (walking, dancing, gardening)



of vigorous aerobic activity (running, swimming, jumping rope)

Or a combination of both, spread throughout the week.



Try to include activities that make your muscles stronger at least twice a week. Lifting weights, squats, lunges and crunches are great examples of strength training exercises.

ADD INTENSITY

Increase time, distance, amount or effort for more benefits.

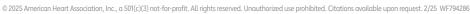
MOVE MORE AND STRETCH MORE

Take a few minutes to stretch. Whether you are standing or sitting for long periods, try to walk or move a little to help your body stay flexible and strong.

KIDS & TEENS

Kids should get at least 60 minutes of exercise every day. This includes play and structured activities.







Life's Essential



Exercise isn't another to-do on your list. Think of it as a moment you dedicate to yourself to help you unplug, recharge and clear your mind.



Inviting loved ones on your walk, joining a biking group in your community, or playing ball at the park with others is a great way to exercise, socialize, and re-energize!



Exercise regularly—ideally every day or at least several times a week. This helps your body get used to it. Be patient, it may take around two months before it becomes a habit so stick with it!



Exercise is great for your brain! Moving your body regularly can make you feel happier, less stressed, and helps with memory!