

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.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/BEACTIVE