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.

**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](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/BEACTIVE](http://HEART.ORG/BEACTIVE)