How to Be More Active

1. Set Goals
   - 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 the two*¹ ²
   - Over at least 3 Days per week in sessions of at least 10 Minutes each.
   - AND
   - MUSCLE strengthening activity at least 2 Days per Week for additional health benefits

   The American Heart Association recommends that adults who need to lower blood pressure and/or LDL cholesterol should get moderate to vigorous activity 3 to 4 Days per Week in sessions averaging 40 Minutes each.²

2. Try These Tips
   - SCHEDULE
     - Break your exercise into easy daily amounts! Try at least 30 minutes of activity 5 days a week, or 22 minutes every day.²
   - 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 to gain even more health benefits.
   - WALK MORE
     - There are many ways to get active. You may find walking the easiest to stick with over time. Walking more is a simple, positive change you can make to improve your heart health.

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