



**“Bringing my blood pressure down — one step at a time.”**

**Physical activity is just what the doctor ordered.**

**Being active can help you manage conditions like:**

✓ Diabetes

✓ Arthritis

✓ Heart disease

**Adults need a mix of physical activity to stay healthy.**

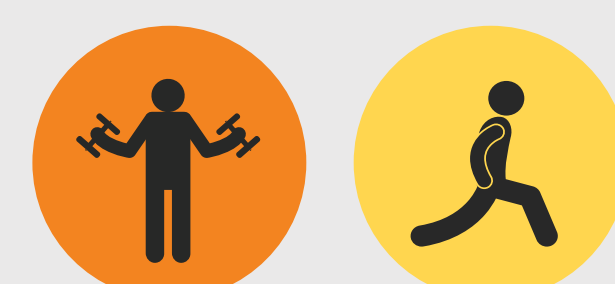
**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.



**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual.



**Walk. Run. Dance. Play. What's **your** move?**

[health.gov/MoveYourWay](http://health.gov/MoveYourWay)

