



**“Forget the treadmill.
I’d rather show off
my dance moves.”**

**Lots of things count. And it all adds up.
Find what works for you.**

Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

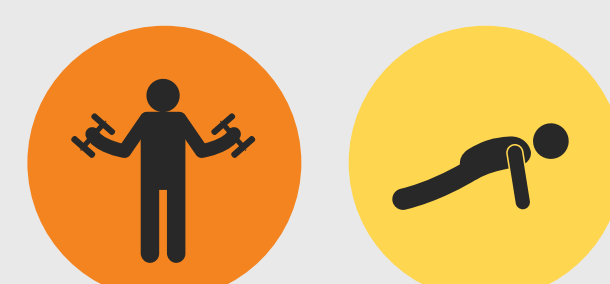
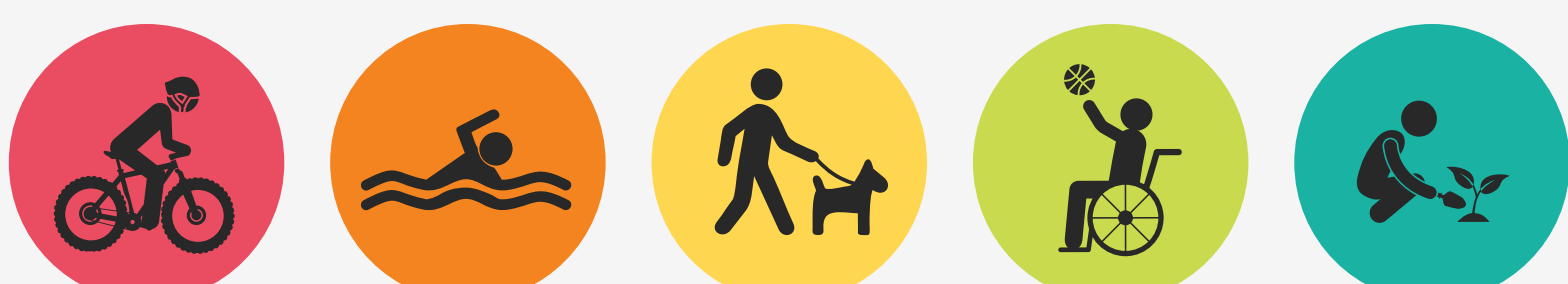
at least
150
minutes
a week

AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



Walk. Run. Dance. Play. What's *your* move?
health.gov/MoveYourWay

