



**“You know what
gets me moving?
Knowing how good
I’ll feel when I’m done.”**



You can feel the benefits of physical activity today.

✓ Less stress

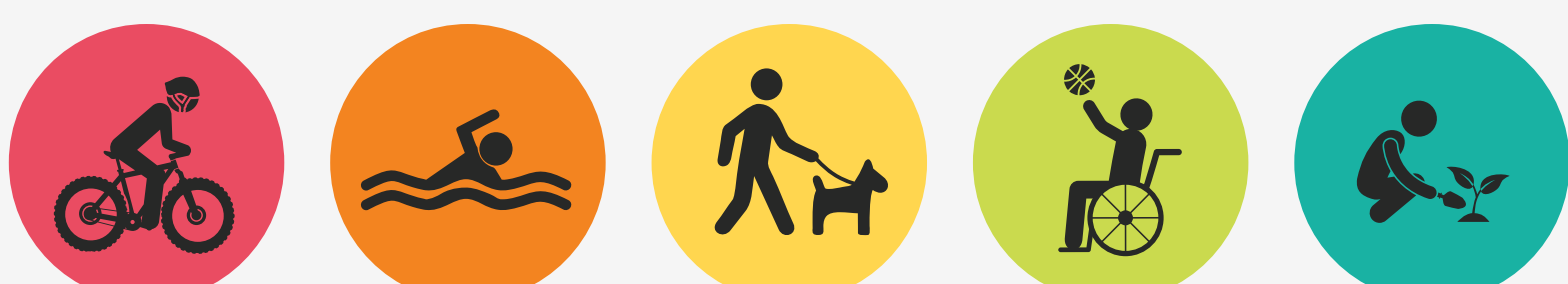
✓ Better mood

✓ Better sleep

Adults need a mix of physical activity to stay healthy.

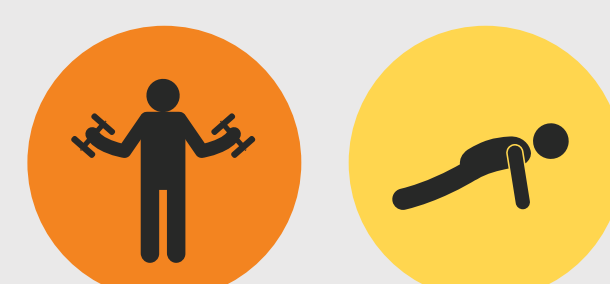
Moderate-intensity aerobic activity

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





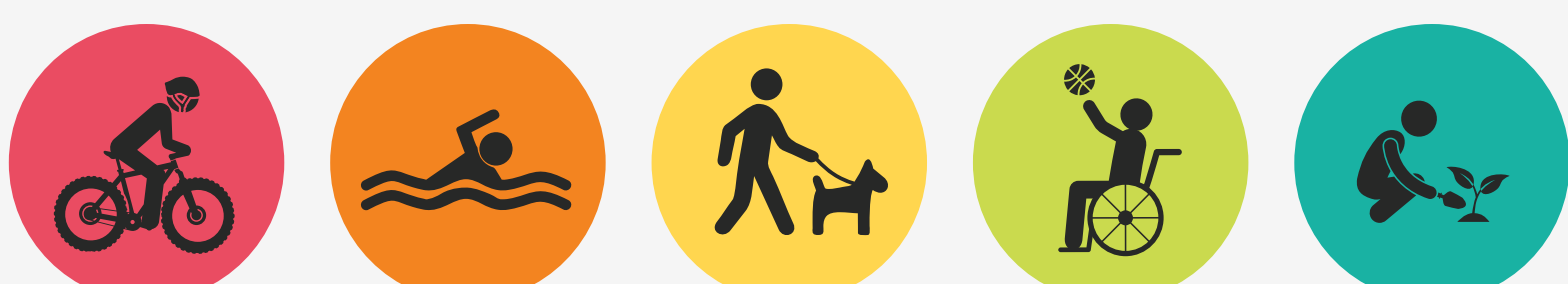
“ **How do I stay active?**
I like to show off my
dance moves ”

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

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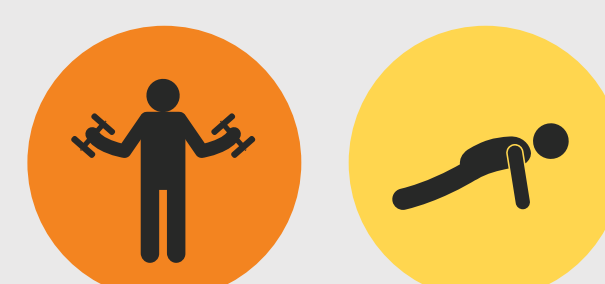
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**“Bringing my blood pressure down —
one step at a time.”**



Physical activity is just what the doctor ordered.
Being active can help you manage conditions like:

✓ Diabetes

✓ Arthritis

✓ Heart disease

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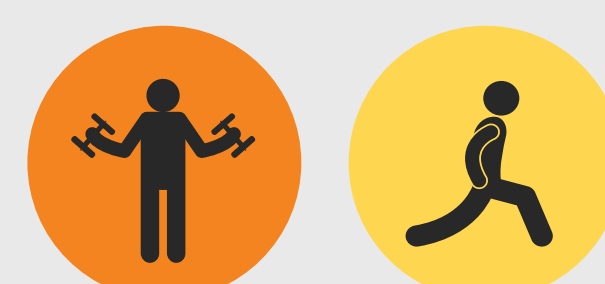
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