Move Your Way ®

# What’s your move?

## You know you need physical activity to stay healthy, but did you know it can help you feel better right away?

Physical activity can:

* Boost your mood.
* Sharpen your focus.
* Reduce your stress.
* Improve your sleep.

So, get more active – and start feeling better today.

## How much physical activity do I need?

You should aim for 150 minutes each week of moderate-intensity aerobic activity. Moderate-intensity aerobic activity is anything that gets your heart beating faster. Examples are biking, swimming, walking a pet, playing a sport, gardening, etc.

Or get the same benefits in half the time. If you do vigorous-intensity aerobic activity, aim for at least 75 minutes per week.

You should also aim for at least 2 days per week of muscle strengthening. Muscle-strengthening includes activities that make your muscles work harder than usual. Examples are weightlifting and strength training.

## Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, just try talking:

* If you’re breathing hard but can still have a conversation easily, it’s moderate intensity activity.
* If you can only say a few words before taking a breath, it’s a vigorous intensity activity.

## What counts?

Whatever gets you moving! Even things you must do anyway. Even things that don’t feel like exercise.

Examples include:

Raking leaves, walking around the grocery store, vacuuming, walking the dog, gardening, playing catch, dancing or going for a walk with a child.

## You can get more active.

No matter who you are, where you live, on your own, or together. You can find a way that works for you.

Examples include:

Weightlifting, playing basketball, yoga, or playing pickleball.

Over time, physical activity can help you live a longer, healthier life. Physical activity can:

* Lower your risk of diseases like type 2 diabetes and some cancers.
* Control your blood pressure.
* Stay at a healthy weight.

So, take the first step. Get a little more active each day. Move your way.

Find tips to get moving and build a weekly activity plan. Visit [MoveYourWay Activity Planner](https://health.gov/moveyourway/activity-planner).

Department of Health and Human Services - USA