



HOW TO BE MORE ACTIVE



MOVE MORE

Adults should get a weekly total of at least



150
MINUTES

of moderate aerobic activity
(water aerobics, social dancing,
gardening)

OR



75
MINUTES

of vigorous aerobic activity
(running, swimming laps,
jumping rope)

Or a combination of both, spread throughout the week.

BE STRONG

Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

ADD INTENSITY

Increase time, distance, amount or effort for more benefits.

SIT LESS

Get up and move throughout the day.

KIDS & TEENS

should get at least 60 minutes of physical activity every day, including play and structured activities.



Learn more at heart.org/lifes8



TIPS FOR SUCCESS



SET GOALS

Set realistic goals and make small, lasting changes to prime yourself for success.



KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.



WALK MORE

There are many ways to get active. You may find walking the easiest way to start.



STAY ACTIVE

Not only can it help you feel, think, sleep and live better, staying active also improves overall quality of life. Every active minute counts toward your goal.



ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.



MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.