



WHAT'S YOUR MOVE?

DID YOU KNOW PHYSICAL ACTIVITY CAN HELP YOU FEEL BETTER RIGHT AWAY?

Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep



HOW MUCH ACTIVITY DO I NEED?

Moderate-intensity Aerobic Activity

Anything that gets your heart beating faster counts, at least 150 minutes a week.

Muscle-strengthening Activity

Do activities that make your muscles work harder than usual, at least two days a week.

WHAT COUNTS?

Whatever gets you moving!

- Even things you have to do anyway.
- Even things that don't feel like exercise.
- No matter who you are, where you live, on your own, or together. You can find a way that works for you.

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 you have to take a breath, it's vigorous-intensity activity.

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

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

Find tips to get moving and build a [weekly activity planner](#).

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

Trillium Health Resources has chosen to share the Move Your Way® campaign with our members. All materials, content, and logos were created by the Office of Disease Prevention and Health Promotion at the U.S. Department of Health and Human Services. Find tips to get moving and build a weekly activity plan. health.gov/MoveYourWay/Activity-Planner