



**“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

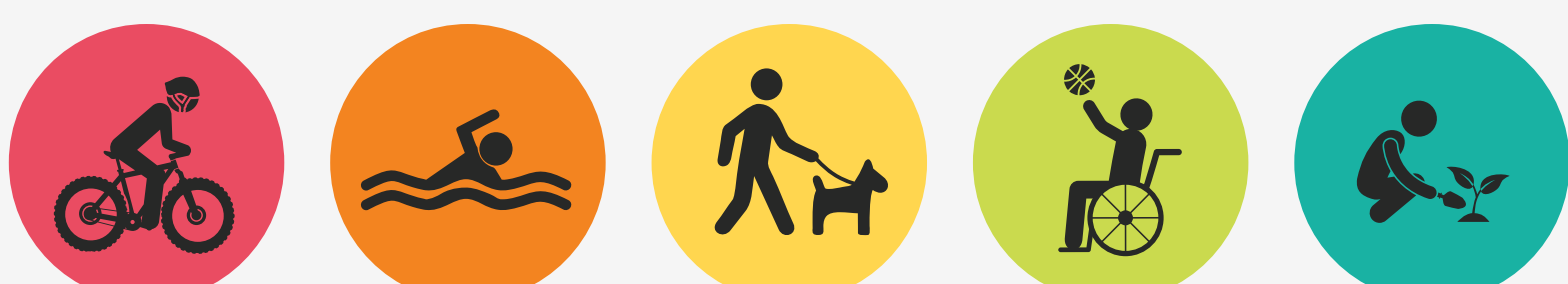
✓ Better mood

✓ Better sleep

Adults need a mix of physical activity to stay healthy.

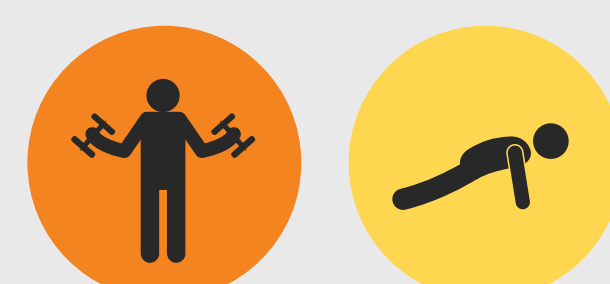
Moderate-intensity aerobic activity

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