So get more active — and start feeling better today.

You know you need physical activity to stay healthy. But did you know it 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** AND
- at least 2 days a week

**Muscle-strengthening activity**
Do activities that make your muscles work harder than usual.

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.
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

What counts?

Whatever gets you moving!

- Even things you have to do anyway
- Even things that don’t feel like exercise

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.

And 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

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.
health.gov/MoveYourWay/Activity-Planner