

Weekly, it's recommended adults get at least **150 minutes of moderate-intensity physical activity** and **2 days of muscle-strengthening activity**. It may sound like a lot, but you don't have to do it all at once to reap the health benefits! Here are some ideas to help you get active:

- **Make a brisk walk part of your daily routine.**
- **Take frequent breaks from sitting and get up to stretch.**
- **Take the stairs over the escalator or elevator.**
- **Sign up for a community sports league or join a yoga class.**
- **Get outside and do some yard work or take a hike.**
- **Go for a swim or try a water aerobics class.**
- **Do sit-ups or lift weights while watching TV.**
- **Turn on some music and dance!**



# Get Active

**Total** health