

# GET ACTIVE

**Total** health

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!