

Get Healthy Stay Healthy

MAKE YOUR MOVE

Being active is one of the most important things you can do for your health. Regular physical activity can lower blood pressure, reduce cholesterol levels, and lower the risk of developing some commonly occurring cancers.¹

Everyone – no matter age, ethnicity, size, or ability – can experience the benefits of being physically active.

Physical Activity by Age²



3 - 5 YEARS

Enjoyable activities throughout the day



6 - 17 YEARS

60+ minutes every day
Moderate-vigorous activity (i.e. running, climbing, gymnastics)



18 - 64 YEARS






















150+ minutes every week
Moderate activity (i.e. brisk walking and muscle strengthening)



65+ YEARS

150+ minutes every week
Moderate activity (such as: brisk walking, muscle strengthening, and balance training)

Find a schedule that works for you³

| MODERATE INTENSITY | | | | | | |
|---|---|---|---|---|---|---|
| S | M | T | W | Th | F | S |
|  |  |  |  |  |  |  |
| 30 minute walk | 30 minute walk | 30 minute walk | Weight training | 30 minute walk | 30 minute walk | Weight training |
| VIGOROUS INTENSITY | | | | | | |
| S | M | T | W | Th | F | S |
|  |  |  |  |  |  |  |
| Day of rest | 25 minute jog | Day of rest | 25 minute jog & weight training | Day of rest | Weight training | 25 minute jog |
| MIXED INTENSITY | | | | | | |
| S | M | T | W | Th | F | S |
|  |  |  |  |  |  |  |
| 30 minute walk | 15 minute jog | Weight training | 30 minute walk | Weight training | 15 minute jog | 30 minute walk |

Tips for moving more³



Hydrate



Snack on healthy carbs



Breathe deep



Take breaks

Did you know?⁵



is like walking the length of a football field.



30 minutes of grocery shopping every other week for a year is like walking a marathon.



20 minutes of vacuuming is like walking one mile.

Sources:

- 1 Benefits of physical activity. <https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>.
- 2 Physical activity recommendations for different age groups. <https://www.cdc.gov/physicalactivity/basics/age-chart.html>.
- 3 How to Get Energy When You're Too Tired to Workout Infographic. <https://www.heart.org/en/healthy-living/fitness/staying-motivated/how-to-get-energy-when-youre-too-tired-to-workout>.
- 4 Adding Physical Activity to Your Life. <https://www.cdc.gov/physicalactivity/basics/adding-pa/index.htm>.
- 5 Make Every Move Count Infographic. <https://www.heart.org/en/healthy-living/fitness/fitness-basics/make-every-move-count-infographic>.