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**

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

- at least **2 days a week**

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.
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.

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

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