

Tips and Resources

Fitness & Physical Activity



Physical activity can help you stay healthy and can also:



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

How much activity do I need?

150 minutes a week of moderate/ intense aerobic activity

ex. biking, swimming, walking the dog, playing sports, dancing



Two days of a muscle strengthening activity

ex. lifting weights, using your body weight (push ups/sit ups), heavy yoga/gardening

Physical fitness can be anything that gets you moving! Start with what you enjoy doing and make small changes like walking to work/store and taking the stairs more often.

Take the first step to be more active today!

If you want more tips or to build a weekly activity plan visit:

health.gov/MoveYourWay/Activity-Planner