



American Heart Association.

Healthy for Good™



# HOW TO BE MORE ACTIVE

## ✓ MOVE MORE

Exercise is like a workout for your heart and brain. Getting active, even just going outside for a walk, can help you feel better. It can reduce stress, improve your mood and help you feel recharged. Adults should get a weekly total of at least:

**150**  **MINUTES**  
of moderate aerobic activity  
(walking, dancing, gardening)

OR

**75**  **MINUTES**  
of vigorous aerobic activity  
(running, swimming, jumping rope)

Or a combination of both, spread throughout the week.

## GET STRONGER

Try to include activities that make your muscles stronger at least twice a week. Lifting weights, squats, lunges and crunches are great examples of strength training [exercises](#).

## ADD INTENSITY

Increase time, distance, amount or effort for more benefits.

## MOVE MORE AND STRETCH MORE

Take a few minutes to stretch. Whether you are standing or sitting for long periods, try to walk or move a little to help your body stay flexible and strong.

## KIDS & TEENS

Kids should get at least 60 minutes of exercise every day. This includes play and structured activities.



## TIPS FOR SUCCESS



### CHANGE YOUR MINDSET

Exercise isn't another to-do on your list. Think of it as a moment you dedicate to yourself to help you unplug, recharge and clear your mind.



### CONNECT WITH OTHERS

Inviting loved ones on your walk, joining a biking group in your community, or playing ball at the park with others is a great way to exercise, socialize, and re-energize!



### MAKE IT A HABIT

Exercise regularly—ideally every day or at least several times a week. This helps your body get used to it. Be patient, it may take around two months before it becomes a habit so stick with it!



### BOOST YOUR MIND

Exercise is great for your brain! Moving your body regularly can make you feel happier, less stressed, and helps with memory!

Learn more at [heart.org/lifes8](https://heart.org/lifes8)