

HOW TO BE MORE ACTIVE



GET ACTIVE

1 SET GOALS

Adults should get a weekly total of at least

150

minutes
of Moderate
Aerobic Activity*



OR

75

minutes
of Vigorous
Aerobic Activity*



*or a combination of the two^{1,2}



Over at least **3 Days** per week in sessions
of at least **10 Minutes** each.

AND



MUSCLE strengthening activity at least **2 Days**
per Week for additional health benefits

The American Heart Association recommends that adults who need
to lower blood pressure and/or LDL cholesterol should get moderate
to vigorous activity **3 to 4 Days per Week** in sessions averaging
40 Minutes each.²

KIDS & TEENS

should get at least **60 Minutes**
of physical activity every day.



2 TRY THESE TIPS



SCHEDULE

Break your exercise into easy daily
amounts! Try at least 30 minutes of activity
5 days a week, or 22 minutes every day.²



SET GOALS

Set realistic goals and make small, lasting
changes to set yourself up for success.



KEEP GOING

Once you reach these goals, don't stop.
Gradually increase your activity to gain
even more health benefits.



WALK MORE

There are many ways to get active. You
may find walking the easiest to stick
with over time. Walking more is a
simple, positive change you can make to
improve your heart health.

LEARN MORE AT HEART.ORG/MYLIFECHECK AND HEART.ORG/PHYSICALACTIVITY