



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