

# HOW TO BE MORE 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<sup>1,2</sup>



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.<sup>2</sup>

## 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.<sup>2</sup>



### 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.

1. U.S. Department of Health and Human Services. (2008, October). 2008 Physical Activity Guidelines for Americans. No. U0036.

2. Eckel RH, Jakicic JM, Ard JD, de Jesus JM, Houston Miller N, Hubbard VS, Lee I-M, Lichtenstein AH, Loria CM, Millen BE, Nonsae CA, Sacks FM, Smith SC Jr, Svetkey LP, Wadden TA, Yanovski SZ. 2013 AHA/ACC guideline on lifestyle management to reduce cardiovascular risk: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines. Circulation. 2014;129(suppl 2):S76-S99.

