



American Heart Association.



# Life's Essential 8<sup>TM</sup> for Women

## MOVE YOUR BODY

Finding ways to move more every day helps your heart health and gives you happy endorphins that help your mind. Women 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 both, spread throughout the week. Not only can it help you feel, think, sleep and live better, but staying active also improves overall quality of life.

» **Strong is Beautiful:** Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

» **Be Bold and Build on:** Increase time, distance, amount or effort over time.

» **Take a Stretch Break:** Whether you are standing or sitting for long periods, try to walk or move a little to help your body stay flexible and strong.

## SECRETS FOR SUCCESS

*Remember these tips to help you stay on track with your exercise and activity goals.*

### » SET GOALS

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

### » DON'T STOP

Once you reach these goals, keep going. Gradually increase your activity and intensity to gain even more health benefits.

### » WALK THE WALK

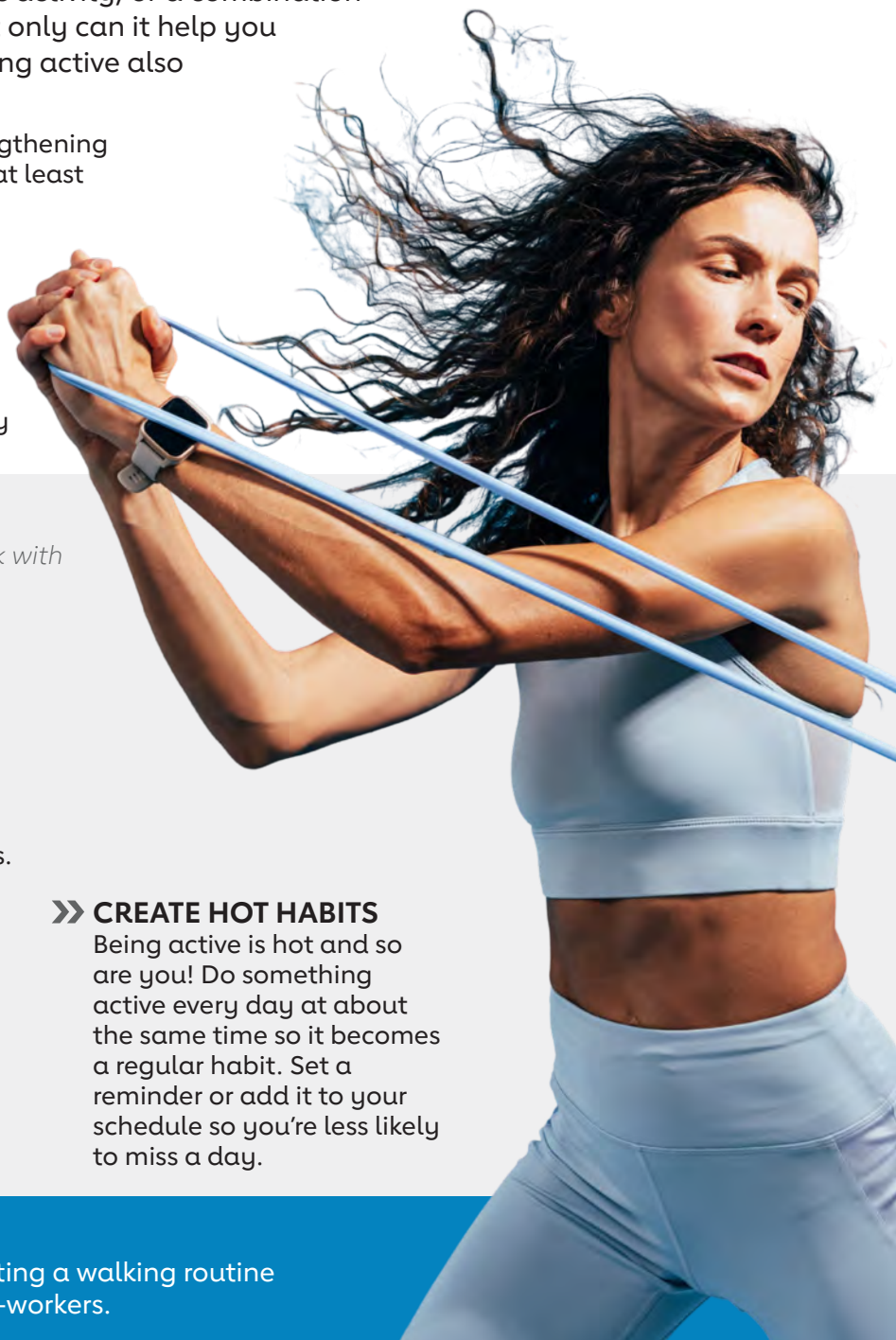
There are many ways to get active. It's important to find one you enjoy. You may find walking the easiest way to start.

### » MAKE MOMENTS FOR MOVEMENT

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home.

### » CREATE HOT HABITS

Being active is hot and so are you! Do something active every day at about the same time so it becomes a regular habit. Set a reminder or add it to your schedule so you're less likely to miss a day.



## GO RED TOGETHER

Help other women make their move by starting a walking routine with friends or do walking meetings with co-workers.

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

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