



# What's your move?

You know you need physical activity to stay healthy.  
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress

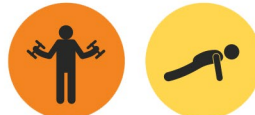


Improve your sleep

## How much activity do I need?

### Moderate-intensity aerobic activity

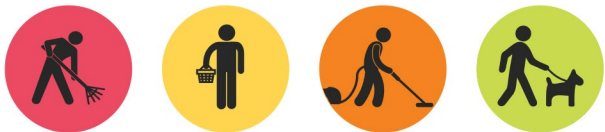
Anything that gets your heart beating faster counts.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

## What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

Adapted from *The Move Your Way*  
U.S. Department of Health and Human Services

