

Add Physical Activity to Your Day

Physical Activity Guidelines for Adults:



Moderate intensity aerobic activity like gardening

At least 150 minutes a week



Muscle strengthening activity like sit-ups

At least 2 days a week

AND

Find activities right for **YOU**

- Walking the dog
- Cleaning the house
- Wheeling yourself in a wheelchair
- Pushing a stroller
- Running
- Washing a car
- Raking leaves

Anyone can be physically active!



Any amount of physical activity supports a healthier you!



SCAN TO READ **ADD PHYSICAL ACTIVITY TO YOUR DAY**

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