

Today is Move Your Way Day – Let's get moving!



What kinds of physical activity do you do to stay healthy? Lots of things count, and it all adds up!

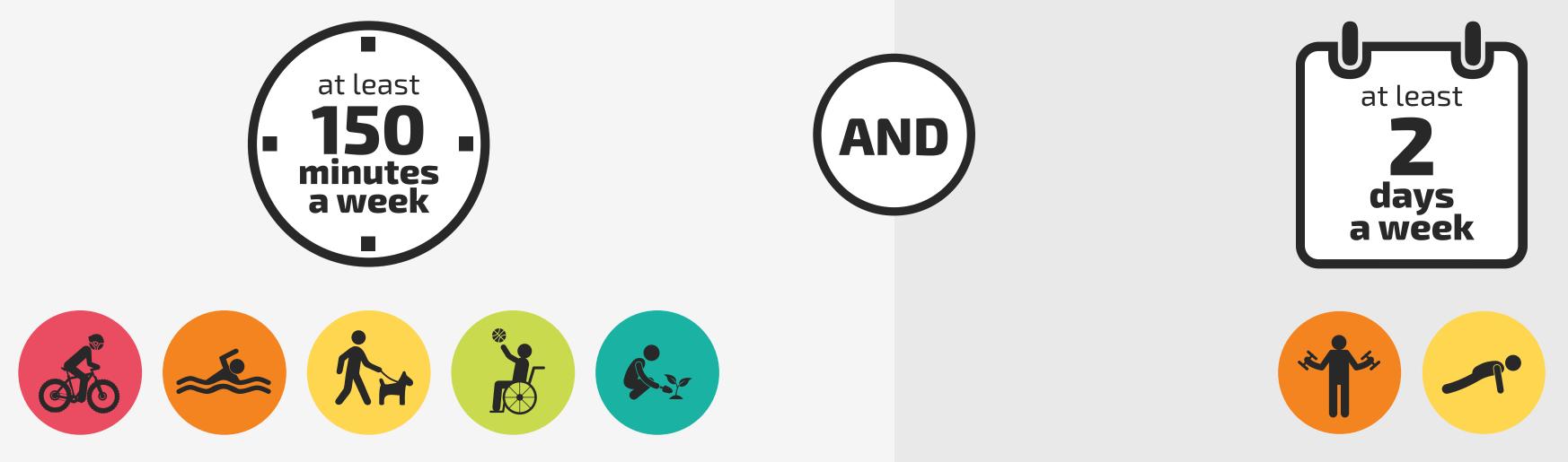
Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Walk. Run. Dance. Play. What's your move? health.gov/MoveYourWay



Pennsylvania
Department of Human Services