



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