



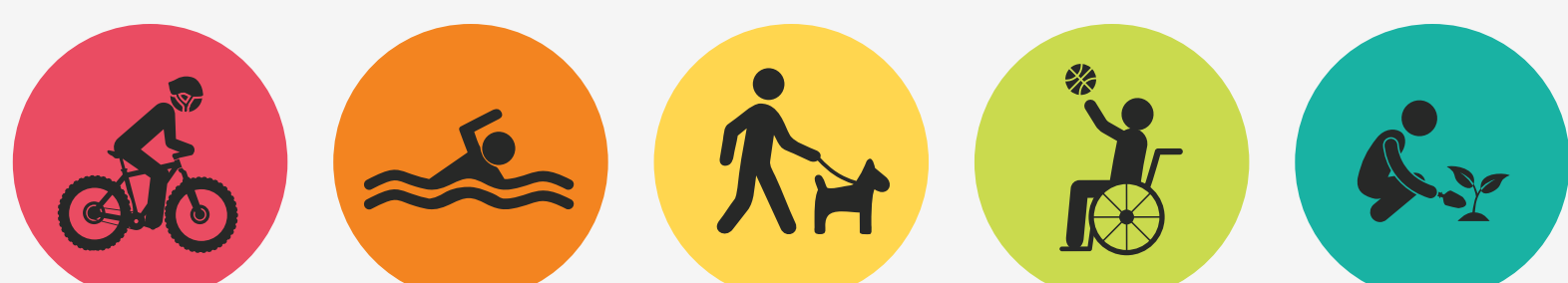
**“Forget the treadmill.
I’d rather show off
my dance moves.”**

**Lots of things count. And it all adds up.
Find what works for you.**

Adults need a mix of physical activity to stay healthy.

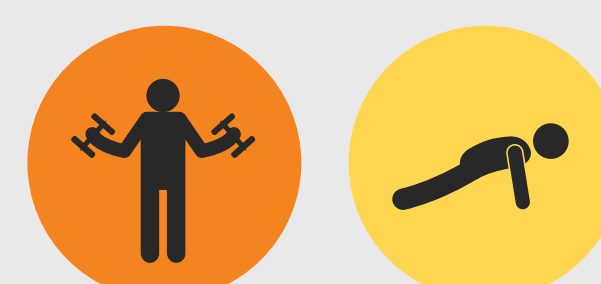
Moderate-intensity aerobic activity

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

