

MOVE



Adults should get at least **150 minutes** each week of moderate-intensity aerobic physical activity and at least **two days a week of strengthening activities**, like pushups, lifting weights, working with resistance bands, and sit-ups.

Goal: Move for at least 30 minutes per day

- Aim to reach 10,000 or more steps per day**
Aim to take short walks during work breaks or lunch to boost your step count. Park at the far end of parking lots and choose stairs over elevators to add more steps effortlessly. Turning phone calls or meetings into walking sessions helps you stay active during busy days, making it easy to add movement without needing extra time.
- Set a dedicated time and stick to it**
Make your movement a priority just like an appointment. Whether it's in the morning, during lunch, or in the evening, having a set time helps make it a regular part of your day.
- Add in strength training**
Add strength training to your routine by doing exercises like push-ups, squats, and weight lifting. This helps build muscle, strengthen bones, and improve overall health, leading to a longer, more active life. Consistent strength training also boosts your energy levels and supports better mobility as you age.
- Use technology**
Utilize fitness apps or wearables to track your activity and set reminders. Many apps offer guided workouts, step counting, and motivational challenges to help you stay on track.

Quick Ideas for 30 Minutes of Movement

- Morning: A 10-minute stretching routine.
- Lunch Break: A 15-minute brisk walk.
- Evening: A 5-minute dance session with the kids or a quick home workout.