

# Stay healthy by moving and exercising

Your body is designed to move, and it helps you stay strong, flexible and fit.

Movement is just changing your location and position, like walking to your mailbox. Exercise takes more effort, like playing sports, swimming or dancing. And both movement and exercise are important for your overall well-being.



## 6 easy ways to get started

Most adults should get 150 minutes of moderate activity each week. But you can work up to it gradually.



### 1. See a chance, take it

Even if you only have 10 minutes, it's worth the effort. Keep a pair of sneakers close by for convenience.



### 2. Add some extra effort

Everyday tasks count as exercise. Try housework, yardwork or gardening.



### 3. Stay hydrated

Drink plenty of water before, during and after exercise. It goes a long way in helping you feel your best.



### 4. Stack tasks

Try taking a conference call while you walk. Or walk around the field during your kids' sports practice.



### 5. Play

Play is good for people of all ages. Look for fun ways to be active with people you enjoy.



### 6. Warm up and cool down

Start and end each session slowly. Begin with a gentler version of your routine and build up.

Be sure to check with your doctor before starting any exercise plan. Together, you can decide what works best for you.

\*FOR 20 MINUTES A DAY: American Heart Association. [No time for exercise? Here are seven easy ways to move more!](#) Last reviewed: January 22, 2024. Accessed March 27, 2024.

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## DID YOU KNOW?

Regular exercise can boost your brain health, help manage weight, lower risk of disease and more.

### Try to be active for about 20 minutes a day.\*

And look for fun ways to include exercise into your day.



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