

Be physically active

FACT: Less than 25% of adults get at least 150 minutes of moderate-intensity aerobic activity a week. Plan for regular physical activity.

Setting aside 30 minutes at one time to exercise may not be practical for you.

Being active for 15 minutes twice a day or 10 minutes 3 times a day may be easier to do.



You do not have to jog or work out at a gym to be physically active.

Walk, garden, dance, or play with your kids.



Is it hard to exercise due to arthritis, back pain, or another health condition?

Regular exercise, as advised by your health care provider, is vital in treating these problems and preventing them from getting worse.

