



# Good for You!

## What's Your Move? New Guidelines Promote Movement for All

We have all heard that being physically active – moving more – is one of the best “moves” we can make for our good health. The new, 2nd edition of the Physical Activity Guidelines for Americans builds on current science to help people ages 3 years and older get healthier through regular physical activity.

### I know I need to exercise – what's new?

It is about more than exercise – physical activity helps children grow and develop as they should, and it can make all of us feel better, function better, sleep better and reduce our risk for a large number of chronic diseases. Physical activity is important for people of all ages and life stages – from preschool through older adulthood, and for those with chronic health conditions – not just for those who are healthy.

### It takes time – I'm busy. How can I fit in anything else?

Health benefits start immediately after exercising – and even short bouts of physical activity provide benefits. Research shows that adults benefit from ANY amount of physical activity – we need to move more and sit less throughout each day. Think of ways to build more movement into what you are already doing.

Instead of sitting through breaks, consider taking a walk around the building. Used to taking the elevator? Try getting off one floor earlier, and adding some stairs into each trip. Park farther away from the door of the store, and enjoy those extra steps. Visit the water fountain located on the next floor or hallway – you are making a conscious choice to improve your health!



### I haven't been active at all. How should I start?

It is important to be safe during physical activity. Physical activity can be okay for almost everyone, but if you have a chronic condition or symptoms, check with your health care provider about what type of physical activity is right for you. Inactive people should “start low and go slow” by starting with lower intensity activities and gradually increasing how often and for how long they are active.



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## Key Guidelines

Below are the key guidelines found in the new Physical Activity Guidelines for Americans.

### For preschool-aged children –

- Preschoolers (ages 3 through 5 years) should be physically active throughout the day to grow and develop at their best.
- Adult caregivers of preschool-aged children should encourage active play that includes a variety of activity types.

### For children and adolescents, ages 6 through 17 years –

- Should do 60 minutes or more of moderate-to-vigorous physical activity daily.
- Most of the 60 minutes should moderate or vigorous-intensity aerobic physical activity (where there is movement to increase the heart and breathing rates).
- As part of their 60 minutes or more of physical activity, children and adolescents should include muscle-strengthening physical activity at least three days a week. Examples might include playing tug of war or swinging on playground equipment bars.
- Also as part of their 60 minutes or more of physical activity, children and adolescents should include bone-strengthening physical activity at least three days per week. Examples of bone-strengthening activities might be jumping and climbing activities, running or weight-lifting type exercises.

### For adults –

- Adults should move more and sit less throughout the day.
- Adults should aim for at least 150 minutes to 300 minutes a week of moderate-intensity, or 75 minutes to 150 minutes of vigorous-intensity aerobic physical activity.
- Adults should also do muscle-strengthening activities of moderate or greater intensity, involving all major muscle groups on two or more days a week.
- When older adults cannot do 150 minutes of moderate-intensity aerobic activity a week because of chronic conditions, they should be as physically active as their health allows.

So, as the “Move Your Way” campaign suggests –  
**“Walk. Run. Dance. Play. What’s your move?”**

For more information about Move Your Way, visit  
<https://health.gov/moveyourway/>



**“Walk. Run. Dance. Play.  
What’s your move?”**

Move Your Way is a physical activity campaign from the U.S. Department of Health and Human Services to promote the recommendations from the Physical Activity Guidelines for Americans.

The Move Your Way tools, videos, and fact sheets have tips that make it easier to get a little more active. And small changes can add up to big health benefits!

Physical activity can make daily life better. So get more active — and start feeling better right away!

- ✓ Boost your mood
- ✓ Sharpen your focus
- ✓ Reduce your stress
- ✓ Improve your sleep

No matter who you are, you can find safe, fun ways to get active — to move your way.

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