

# Mix & Match...

...your physical activity! Choose from these, every week:

- 150 minutes of moderate intensity activity (such as brisk walking) + muscle strengthening on 2+ days/week OR
- 75 minutes of vigorous intensity activity (jogging or running) + muscle strengthening on 2+ days/week OR
- A mix of moderate and vigorous activity + muscle strengthening on 2+ days/week.



**Try 10 minutes bouts! They add up!**



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