

GET MOVING

RECOMMENDATIONS

FREQUENCY

EXAMPLES



Be Active!

30 min/day, 3+ times a week. Active enough that breathing increases and it becomes difficult to talk to someone else

Walk, run, bike, or swim. Garden, cleaning chores, take the stairs

Strength

2 or more times a week

Resistance bands, push-ups, squats, lifting weights



Balance

Decrease your risk for falls (a major cause of broken bones, head injury, bruises, and cuts)

Stand on one foot while brushing teeth, Pilates, Tai Chi, yoga



Just Move!

Try to stand and move around every hour!

When at work, school, while watching TV at home