

TIME TO MOVE



KEY GUIDELINES FOR ADULTS



All adults should avoid inactivity



Do **150 minutes** of moderate or **75 minutes** of vigorous intensity aerobic physical activity per week



Do moderate or vigorous muscle-strengthening activities 2 or more days per week

IN THE WORKPLACE

Take the stairs

Stretch Breaks

Commute to work

Keep small weights at your desk

Walk during Breaks

Walk instead of e-mail

Walking

Biking

Hiking

Jogging

Yoga

Golf

Hunting