

Let's Get Moving!

Physical activity is easier than you think, it's in everything you do – every time you move.

Challenge yourself to find ways to increase your movements, every day.



Suggested physical activity time for adults with or without disabilities:



30 minutes per day, at least 5 days a week.



At least twice a week, do activities that make your muscles work harder.



Suggested physical activity time for children:



60 minutes per day, at least 5 days a week.

Benefits of staying active:



Reduces the risk of diabetes



Keeps your heart healthy



Reduces feelings of stress & anxiety

Do more and get more out of every move – every day!



Building Healthier Communities



Learn more ways to get active at Moving Matters.