



# What's your move?

You know you need physical activity to stay healthy. But did you know it can help you feel better right away? So get more active — and **start feeling better today.**



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up! Or get the same benefits in half the time. If you step it up to **vigorous-intensity** aerobic activity, aim for at least **75 minutes** a week.

## Is it moderate or vigorous? Use the “talk test” to find out.

When you’re being active, just try talking:

- If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

### What counts?

#### Whatever gets you moving!



Even things you have to do anyway



Even things that don’t feel like exercise

#### And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

## Visit [BeWellSHBP.com/fitness](https://www.BeWellSHBP.com/fitness) for resources to help you achieve your goals!

- Join a Live in the Green or Small Steps, Big Strides Challenge and track your steps and fitness level
- Schedule a well-being coaching call to receive personalized support
- Earn well-being incentive points when you complete a challenge or coaching call

Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.

Source: [health.gov/moveyourway/](https://www.health.gov/moveyourway/)

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