

MOVE FOR WELLNESS!

Adults should get **150 minutes per week** of exercise that increases heart rate.
They should also engage in **strength training at least 2 days per week**.



Take a quick exercise break!



CARDIO

Walk, Dance,
Climb Stairs, Run



STRENGTH

Bodyweight Exercises, Chair Exercises,
Use Weights, Resistance Bands



BALANCE & FLEXIBILITY

Stretch, Yoga, Tai Chi