

Active for Life

Eighty percent of Americans do not get the recommended 150 minutes a week of physical activity.

What can we do to get active?

1. **Track Where You Are.** The first step to getting active is to consider how much activity you're currently getting. Using an activity tracker can help you identify places and times through the day and week that you could fit in 10 minutes more here or 30 minutes more there. Track online or offline, whatever works best!
 1. Track Online – StartWalkingNow.org
 2. Track Offline – Heart.org/Trackers
 3. Get Text Reminders – Heart360.org
2. **Learn the AHA Recommendations for Physical Activity for Adults.** Learning the American Heart Association's Recommendations for Physical Activity will help you learn what it takes to improve fitness, reduce risk for chronic diseases and disabilities or prevent unhealthy weight gain. Physical activity is anything that makes you move your body and gets your heart rate up.
heart.org/ActivityRecommendations
 - At least 30 minutes of moderate-intensity aerobic activity at least five days per week for a total of 150 minutes.
 - At least 25 minutes of vigorous-intensity aerobic activity at least three days per week for a total of 75 minutes; or a combination of the two.
 - Moderate to high intensity muscle-strengthening activity at least two days per week for additional health benefits.
3. **Tips for Success:** Setting realistic goals and making slow changes over time are the best ways to succeed, feel your best and live a healthy life.
 - Learning your **resting heart rate** will help determine your **target heart rate**, which tells you if you're **doing too much or not enough** during activity. Our target heart rate for exercise changes as we age and depending on our physical fitness level. heart.org/TargetHeartRate
 - **Start or find a Walking Club!** A Walking Club can be a **built-in support system** to help you stick to a fitness routine. In fact, American Heart Association research shows that American adults are 76 percent more likely to take a walk if another person is counting on them.
heart.org/StartWalking
 - **Find an American Heart Association Walking Path** in your area! When it's time for a walk and when you travel, find the local AHA Walking Paths to take and keep on your route to healthy living. heart.org/WalkingPaths
 - **No time for exercise?** Try our top 10 tips to get more! heart.org/Take10
 - **Don't like to exercise?** Try our 5 steps to loving exercise ... or at least not hating it!
heart.org/LovingActivity

Learn more at heart.org/MyLifeCheck and heart.org/PhysicalActivity.

