

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? 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

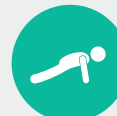
Anything that gets your heart beating faster counts.



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:

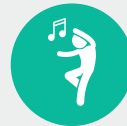
- If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

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** for resources to help you achieve your goals!

- Join a *Green Day* or *5,000 Steps Challenge* and track your steps and fitness level
- Schedule a well-being coaching call to receive personalized support
- Choose a goal to track as part of the RealAge Program
- Earn **well-being incentive points** when you complete a challenge, RealAge Program, 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/

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