

# Let's Get Moving Henry County!

Join us this winter as we work together to add more physical activity by finding activities that work for you!



Adults need a mix of physical activity to stay healthy.

## Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.



## Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



\*If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



## What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

Visit [HealthyHenryCounty.org/physical-activity](http://HealthyHenryCounty.org/physical-activity) to find more information and build your weekly activity plan.



Henry County, Iowa



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**“Forget the treadmill.  
I’d rather show off  
my dance moves.”**

**Lots of things count. And it all adds up.  
Find what works for you.**

**Adults need a mix of physical activity to stay healthy.**

**Moderate-intensity aerobic activity**

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

**AND**

**Muscle-strengthening activity**

Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week



Henry  
County  
Scan  
This Code!

Walk. Run. Dance. Play. What's **your** move?  
[health.gov/MoveYourWay](http://health.gov/MoveYourWay)

