

Be Active: The Basics

Supports: Block — Be Active

Why It Matters

Movement is one of the most powerful things you can do for your body and your mind — and it does not require a gym, special gear, or hours you do not have. Being active is about making movement fit your real life, not punishing yourself for what you ate. Any movement counts, it all adds up, and the best exercise is the one you will actually do. This is where a lifelong habit starts: small, doable, and yours.

What to Know

What counts as being active

You do not have to “work out” to be active. Walking, gardening, cleaning, taking the stairs, and playing with kids or grandkids all move your body and benefit your health. Structured exercise is great too — but everyday movement is the foundation.

The main ingredients

- Aerobic movement — anything that gets your heart going, like brisk walking.
- Strength — using your muscles against resistance, even body weight, keeps you strong and steady.
- Flexibility and balance — gentle stretching and balance work protect you as you age.
- Less sitting — breaking up long sits matters as much as a workout.

Start where you are: A common goal is about 150 minutes of moderate activity a week, but you do not start there — you build toward it. Ten minutes counts. Begin with what feels doable and add from there.

Try This

Find your starting point.

? What kinds of movement do you already enjoy or could see yourself doing?

? When in your day could you fit in ten minutes of movement?