



American Heart Association.



Life's Essential 8TM for Women

MOVE YOUR BODY

Finding ways to move more every day helps your heart health and gives you happy endorphins that help your mind. Women should get a weekly total of at least 150 minutes of moderate aerobic activity OR 75 minutes of vigorous aerobic activity, or a combination of both, spread throughout the week. Not only can it help you feel, think, sleep and live better, but staying active also improves overall quality of life.

» **Strong is Beautiful:** Include muscle-strengthening activity (like resistance or weight training) at least twice a week.

» **Be Bold and Build on:** Increase time, distance, amount or effort over time.

» **Take a Stretch Break:** Whether you are standing or sitting for long periods, try to walk or move a little to help your body stay flexible and strong.

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your exercise and activity goals.

» SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.

» DON'T STOP

Once you reach these goals, keep going. Gradually increase your activity and intensity to gain even more health benefits.

» WALK THE WALK

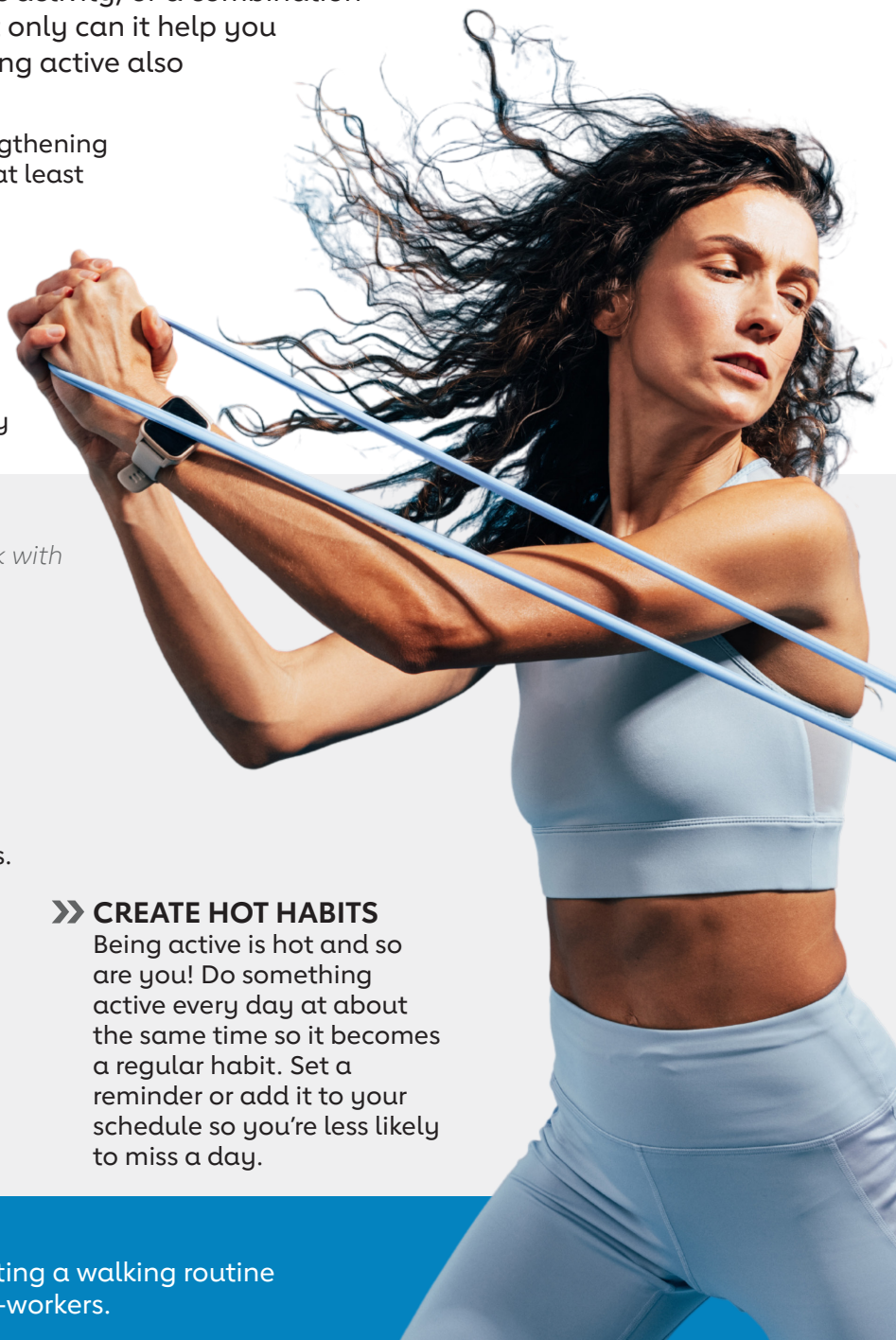
There are many ways to get active. It's important to find one you enjoy. You may find walking the easiest way to start.

» MAKE MOMENTS FOR MOVEMENT

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home.

» CREATE HOT HABITS

Being active is hot and so are you! Do something active every day at about the same time so it becomes a regular habit. Set a reminder or add it to your schedule so you're less likely to miss a day.



GO RED TOGETHER

Help other women make their move by starting a walking routine with friends or do walking meetings with co-workers.

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