



Move Your Way® With Keystone Safari



On September 26th, Milestone Health Care Quality Unit (HCQU) West hosted over one hundred and fifty (150) self advocates from the western region for a wild day of safari fun. The Move Your Way® *Stepping into the Safari* event, held at Keystone Safari in Grove City, PA, brought together individuals from Armstrong, Beaver, Butler, Clarion, Crawford, Indiana, Lawrence, Mercer, and Venango Counties for a day of physical activity in an interactive animal and adventure park.

[Read More](#)

What is Move Your Way?

[Move Your Way](#) is the physical activity campaign based on the [second edition of the Physical Activity Guidelines for Americans](#). It offers tools and resources for individuals and professionals to learn about the Physical Activity Guidelines, share its key messages and encourage individuals to become more active. Recognizing the health disparities and co-existing medical conditions experienced by many individuals with intellectual disabilities, developmental disabilities and autism, ODP is promoting Move Your Way in cooperation with the Office of Disease Prevention and Health Promotion of the U.S. Department of Health and Human Services. Becoming more physically active can help lead to happier, healthier lives. Please share widely!

How can you Move Your Way?

Anything that gets your heart beating faster counts. And it all adds up. Find what works for you! Walking, dancing, gardening, swimming, and stretching are just a few suggestions for weekly movement. Adults need a mix of physical activity to stay healthy. Moderate-intensity aerobic activity at least 150 minutes a week, and muscle-strengthening activity at least 2 days a week. Do activities that make your muscles work harder than usual.

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Moderate-intensity aerobic activity

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Muscle-strengthening activity

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