



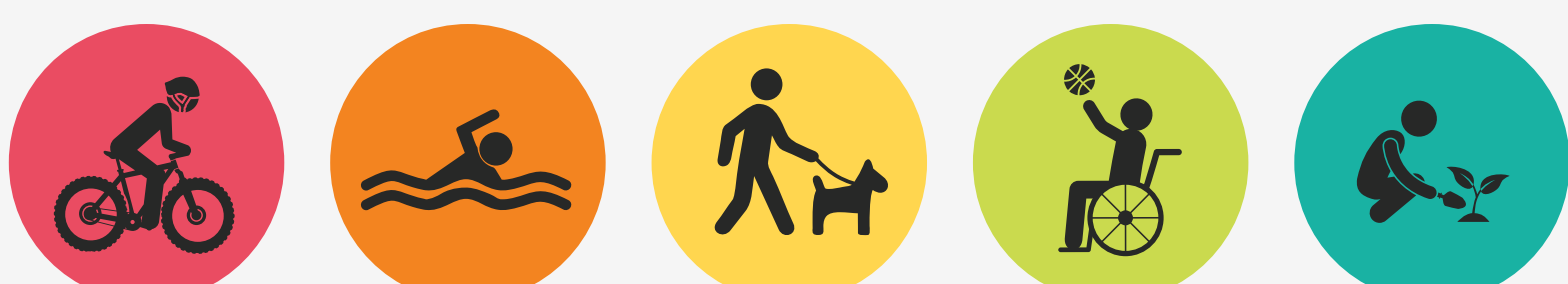
Celebrating Physical Fitness & Sports:

Move Your Way® With Special Olympics

Adults need a mix of physical activity to stay healthy.

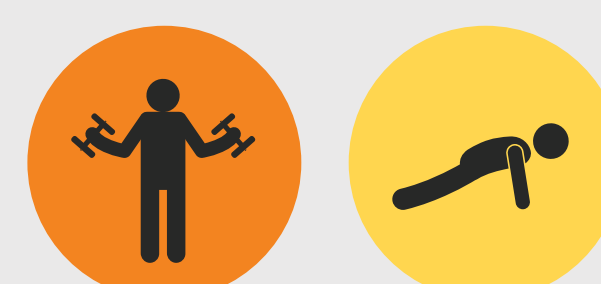
Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



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

odphp.health.gov/MoveYourWay



Pennsylvania
Department of Human Services