

Get Moving!

Physical activity is important for people of all ages. Being active can help you feel better physically and mentally, sleep better, and function better in your day to day life. You don't have to join a gym to exercise. Making time to move more throughout your day can make a big difference. Small changes add up.

This [interactive quiz relevant to adults 65+ years of age](#) can help you learn if you are moving enough to stay healthy at your age. Take it for personalized recommendations.

Which best describes your activity level?

Check the correct choices. During the last 7 days, I had:

- More than 150 minutes** of a moderate to vigorous intensity activity, like brisk walking or playing soccer, AND
- More than 2 days** doing activities that strengthen muscles (examples: push-ups, sit-ups, climbing or lifting weights), AND
- 1 day or more** of activities to improve balance (examples: standing on one foot, yoga)

Results: Great Job!

Your activity level meets the recommendations.

- Less than 150 minutes** of a moderate to vigorous intensity activity, like brisk walking or playing soccer
- Less than 2 days** doing activities that strengthen muscles (examples: push-ups, sit-ups, climbing or lifting weights)
- Less than 1 day** of activities to improve balance (examples: standing on one foot, yoga)

Results: You can do it!

You may be able to feel better physically and mentally by moving more than you do now.



Always talk to your Primary Care Provider before beginning or changing an exercise routine. If you need help finding a Primary Care Provider, please call the Health Choice customer service line at **1-800-322-8670**.



Keep Moving!

The US Centers for Disease Control and Prevention and the Department of Health and Human Services recommend that older adults aged 65+ have:

- At least 150 minutes a week of moderate intensity activity such as brisk walking
- At least 2 days a week of activities that strengthen muscles
- Activities to improve balance such as standing on one foot

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