



Daily movement makes a lifelong difference.

Your heart and mind can both benefit from staying active. Explore four reasons to get up and get going.



Better Heart Health

Cut your risk of heart disease. Move more to strengthen your heart, help it work better, lower your blood pressure, and more.

Mental Health Benefits

Improve your mood, too. Movement releases endorphins—feel-good chemicals—that lower your stress, anxiety, and symptoms of depression.



Less Risk of Chronic Diseases

Boost your immune system to stay healthy as you age. Plus, lower your chance of developing Type 2 diabetes, obesity, and some cancers.



High Energy Levels

Feeling drained? Get a boost with exercise. You'll feel more energetic as more oxygen and nutrients flow to your muscles and tissues.