



Dear Communities,

The US Department of Health and Human Services has physical activity guidelines for children, pregnancy, parents, adults, and older adults. These informative infographic sheets are easy to read and understand. Please feel free to share this information with others in your community. Printing these guidelines to share in public spaces is always a great way to catch people's attention!

You can find the fact sheets and more information here at [Move YOUR Way](#)

Additionally, here is a fun [Interactive Tool](#) to plan YOUR own workout and find activities you can do at home.



U.S. Department of Health and Human Services

<https://health.gov/moveyourway>