One of the most important things you can do for your heart is increase your physical activity. It may seem obvious, but doing so can lower your risk for heart disease. It can also help you think, feel and sleep better, and perform daily tasks more easily.¹

Best of all, you can find ways to stay active almost anywhere — for free.

Find ways to be active every day

Whether you're indoors or outdoors, now's your chance to get creative!

**REMEMBER TO STRETCH**
Stretch all the major muscle groups regularly, including your arms, back, hips, thighs and calves. Try to hold each stretch for 15 to 30 seconds.

**BUILD YOUR STRENGTH**
Do basic muscle toning exercises such as push-ups and leg lifts. Or try weight lifting using objects around the house.

**DO AEROBIC EXERCISES**
Aim to do moderate activity for at least 2½ hours a week.
- Dance to your favorite songs.
- Sweep or vacuum the house.
- Work in your yard.

Or try vigorous activity for at least 1¼ hours a week.
- Join an online fitness class.
- Go for a jog.
- Hike an outdoor trail.

Talk to your doctor about safe ways for you to be physically active.

---

Aetna is the brand name used for products and services provided by one or more of the Aetna group of companies, including Aetna Life Insurance Company and its affiliates (Aetna).

The information provided by Aetna® health and wellness programs is general in nature. It is not meant to replace the advice or care you get from your doctor or other health professional. If you have specific health care needs or would like more complete health information, please see your doctor or other health care provider. Refer to Aetna.com for more information about Aetna plans.