



## Direct Support Professionals: Talk to those you support about physical activity

DSPs make a lasting difference in the lives of those they assist, helping individuals of all ages and abilities rise above challenges, embrace new opportunities, and live healthier, more fulfilling lives.

The Move Your Way® campaign promotes easy to use, evidence-based physical activity guidance from the Physical Activity Guidelines for Americans. Share the recommendations with those you support and inspire them to get more active.

### Start the conversation.

When you bring up physical activity, it helps to keep the tone friendly and encouraging. Try these quick conversation starters.

#### How much physical activity do you get in an average week?

Meet people where they are. Once you have an idea of their current activity level, you can suggest small changes to help them get more active.

#### Are there activities you'd like to be able to do?

Would they like to run in a 5K? Climb stairs more easily? Explore more outdoor activities? Knowing their motivations can help you work together to set achievable goals.

DSPs have the creativity and compassion to modify activities that align with each person's physical abilities, ensuring they can participate safely and feel proud of their achievements—no matter their starting point.



# Encourage the right amount of physical activity.

You can tailor these recommendations for children and adults to match individuals' specific needs, interests, and abilities. Talk to a healthcare provider if you are unsure about an appropriate level of activity.

## Adults

### Moderate-intensity aerobic activity\*

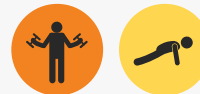
Anything that gets their heart beating faster counts.



AND

### Muscle-strengthening activity

Activities that make their muscles work harder than usual count.



\* If they prefer vigorous-intensity aerobic activity (like running), they can aim for at least 75 minutes a week.

Older adults, pregnant women, and people with a disability or injury need the same amount. But if they can't do 150, encourage them to move as much as they can.

## Kids and teens ages 6 to 17

### Encourage them to aim for at least 60 minutes every day.

Most of it can be **moderate-intensity aerobic activity**. At least 3 days a week, encourage them to step it up to **vigorous intensity**.



### As part of their daily 60 minutes, kids and teens also need:

**Muscle-strengthening activity**  
at least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

AND

**Bone-strengthening activity**  
at least 3 days a week



Bones need **pressure** to get stronger. Running, jumping, and other weight-bearing activities all count.

## Focus on the benefits.

The long-term benefits of physical activity are huge, such as reducing your risk of cardiovascular disease and diabetes. Try sharing messaging about the lesser-known immediate benefits that can help them feel better now!

### Physical activity can make daily life better.

- Improves mood, focus, and sleep
- Helps you feel more energized, calm, and confident
- Makes it easier to do everyday activities, like household chores and climbing stairs



## Bring the campaign home to your friends and family

Changing behavior can be hard, and fitting in regular physical activity can be a struggle for all of us. Find fun and engaging ways to help everyone develop and maintain consistent physical activity habits, leading to improved physical health, mental well-being, and overall quality of life.

### Find resources for everyone.

The Move Your Way® campaign has lots of tools and materials you can share with people of all ages and abilities:

- Fact sheet, posters, and other resources:  
[health.gov/MoveYourWay/Campaign](https://health.gov/MoveYourWay/Campaign)
- Activity planner for adults to set personalized activity goals:  
[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)
- Interactive graphic to help kids get more physical activity:  
[health.gov/MoveYourWay/Get-Kids-Active](https://health.gov/MoveYourWay/Get-Kids-Active)



Try displaying Move Your Way® posters in high traffic areas to provide inspiration and encouragement every time people see them.

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

[health.gov/MoveYourWay](https://health.gov/MoveYourWay)



Pennsylvania  
Department of Human Services