

THE ACTIVITY PYRAMID

IF YOU'RE NOT ACTIVE

(Inactive most days of the week)

- Increase daily activities at the base of the pyramid.
- Make free time as active as possible.
- Move every 30 minutes.



LIMIT

SITTING MORE THAN 30 MINUTES AT A TIME

Computer time
Crafts
Television
Video games

THROUGHOUT THE WEEK

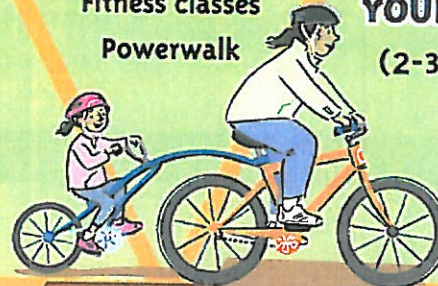
WORK YOUR HEART AND LUNGS

(3-5 DAYS A WEEK)

Bike Swim Jog
Ski Hike Skate
Fitness classes
Powerwalk

PRACTICE BALANCE AND FLEXIBILITY

Stretch
Yoga
Tai Chi
Stability balls



EVERYDAY

CHOOSE TO MOVE!

Dancing
Household chores
Yard work

Gardening
Walk breaks
Park and walk

Walk the dog
Take the stairs



IF YOU'RE OCCASIONALLY ACTIVE

(Active some of the time, but not regularly)

- Incorporate more activity from the middle of the pyramid.
- Plan activity throughout your week.

- Strive for a consistent level of activity from week to week.
- Increase how long, how often, and how hard you do your activities.

IF YOU'RE CONSISTENTLY ACTIVE

(Active most days of the week)

- Keep your routine challenging.
- Explore new activities.
- Keep it fun to stay motivated.