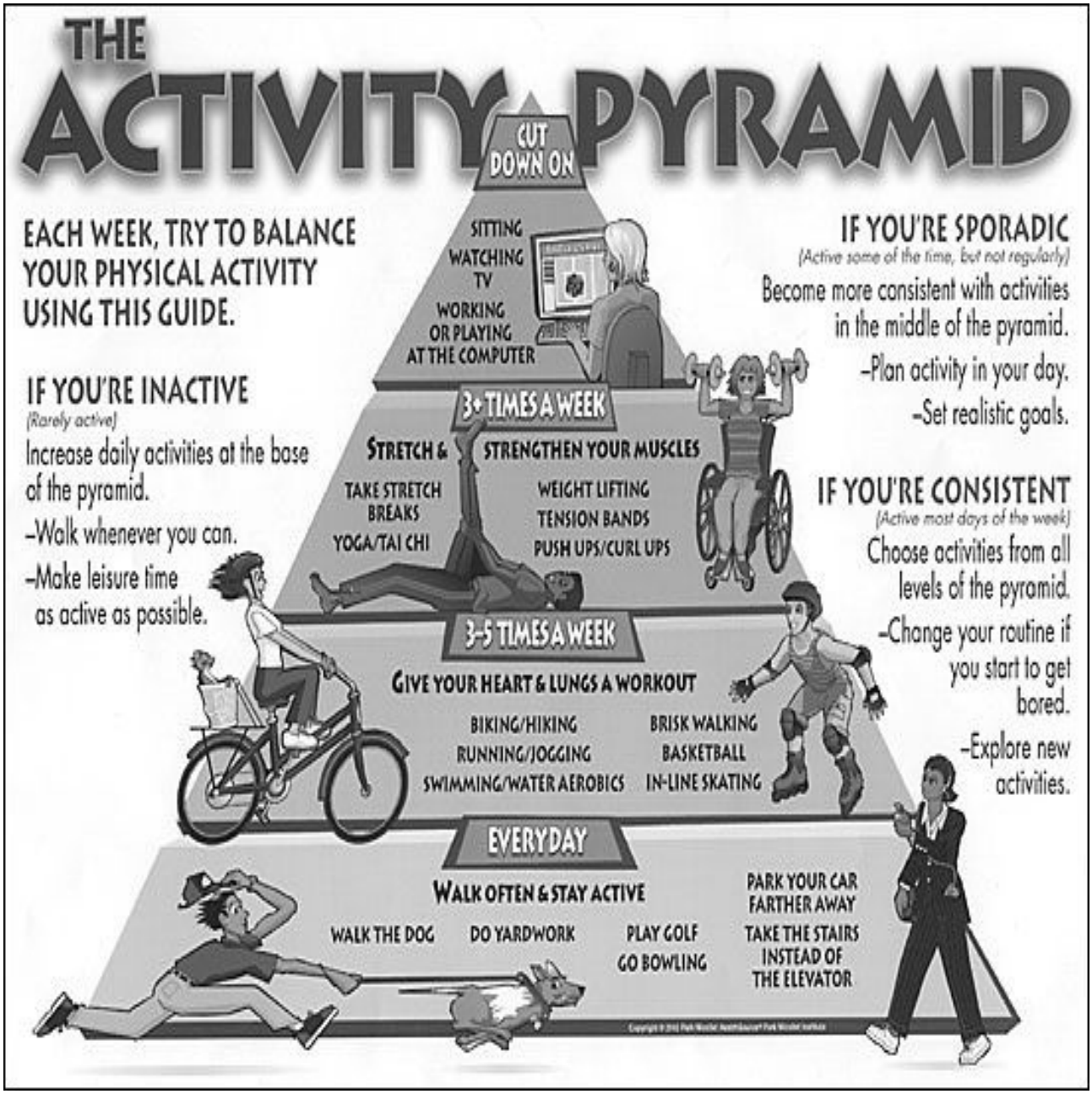
THE
ACTIVITY PYRAMID
CUT DOWN ON
SITTING
WATCHING TV
WORKING OR PLAYING AT THE COMPUTER
EACH WEEK, TRY TO BALANCE YOUR PHYSICAL ACTIVITY USING THIS GUIDE.
IF YOU'RE SPORADIC
(Active some of the time, but not regularly)
Become more consistent with activities in the middle of the pyramid.
–Plan activity in your day.
–Set realistic goals.
IF YOU'RE INACTIVE
(Rarely active)
Increase daily activities at the base of the pyramid.
–Walk whenever you can.
–Make leisure time as active as possible.
3+ TIMES A WEEK
STRETCH & STRENGTHEN YOUR MUSCLES
TAKE STRETCH BREAKS
YOGA/TAI CHI
WEIGHT LIFTING
TENSION BANDS
PUSH UPS/CURL UPS
IF YOU'RE CONSISTENT
(Active most days of the week)
Choose activities from all levels of the pyramid.
–Change your routine if you start to get bored.
–Explore new activities.
3-5 TIMES A WEEK
GIVE YOUR HEART & LUNGS A WORKOUT
BIKING/HIKING
RUNNING/JOGGING
SWIMMING/WATER AEROBICS
BRISK WALKING
BASKETBALL
IN-LINE SKATING
EVERYDAY
WALK OFTEN & STAY ACTIVE
WALK THE DOG
DO YARDWORK
PLAY GOLF
GO BOWLING
PARK YOUR CAR FARTHER AWAY
TAKE THE STAIRS INSTEAD OF THE ELEVATOR