

MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days. Use these suggestions to help meet your goal:

Everyday Activities	Active Aerobics and Recreational Activities	Flexibility and Strength	Inactivity
As often as possible	3-5 times a week	2-3 times a week	Cut down
 Playing outside Helping with chores around the house or yard Taking the stairs instead of the elevator Picking up toys Walking 	 Playing basketball Biking Playing baseball or softball Rollerblading Skateboarding Playing soccer Swimming Playground games Jumping rope 	 Practicing martial arts Rope climbing Stretching Practicing yoga Doing push-ups and pull-ups 	Watching television Playing on the computer Sitting for too long Playing video games

Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade it all counts. How great is that!

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