



Inactivity
cut down

Flexibility and Strength
2-3 times a week

Active Aerobics and Recreational Activities
3-5 times a week

Everyday Activities
as often as possible

MyActivity Pyramid

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

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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
<ul style="list-style-type: none"> • Playing outside • Helping with chores around the house or yard • Taking the stairs instead of the elevator • Picking up toys • Walking 	<ul style="list-style-type: none"> • Playing basketball • Biking • Playing baseball or softball • Rollerblading • Skateboarding • Playing soccer • Swimming • Playground games • Jumping rope 	<ul style="list-style-type: none"> • Practicing martial arts • Rope climbing • Stretching • Practicing yoga • Doing push-ups and pull-ups 	<ul style="list-style-type: none"> • 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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