

The Fitness for Life

Physical Activity Pyramid for Teens



Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.

Guidelines are consistent with the International Consensus Statement on Physical Activity Guidelines for Adolescents, Sedlitz, et al. (2004), *Preventive Medicine* 4, 266-269. The Physical Activity Pyramid is adapted by permission from Fitness for Life, 5th Edition (2005), Thomas H. Horth and Mark Lindsey, authors, McGraw-Hill, Chicago, IL.