Physical Activity Pyramid

Be creative in finding ways to stay active!

**SELDOM**
Watching TV, sitting at the computer, sitting for more than 30 minutes at a time

**3+ DAYS/WEEK**
Leisure Activities
Golf, softball, housework, leisurely walking

**5+ DAYS/WEEK**
Flexibility and Strength
Stretching, yoga, push-ups, weight lifting

**EVERY DAY**
Aerobic Exercise (60 minutes)
Brisk walking, bicycling, swimming, jogging, aerobics classes

Recreational Exercise (30+ minutes)
Soccer, basketball, tennis, martial arts, dancing, hiking

As Much as Possible
Walk to the store, work in your garden, park your car farther away, make extra steps in your day, walk the dog, take the stairs instead of the elevator, bike or walk to work or to the gym, carry the groceries, wash the car, build physical activity into your work day…