MOVE!®

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

Flexibility and Strength
Stretching, yoga, push-ups, weight lifting

5+ DAYS/WEEK

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

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

EVERY DAY

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…