

# The Physical Activity Pyramid

## Cut Down On



- Watching TV and videos
- Playing video and computer games
- Sitting for more than 30 minutes

## 2-3 Times a Week

### Leisure & Playtime and Strength & Flexibility

- Miniature golf
- Canoeing
- Swinging
- Tumbling
- Pull-ups/push-ups
- Rope climbing
- Ballet/dance
- Karate

## 3-5 Times a Week

### Aerobic Exercises and Recreational Activities

- Biking
  - Swimming
  - In-line skating
  - Jump rope
  - Skateboard
  - Running around
- At least 20 minutes
- Basketball
  - Soccer
  - Relay races
  - Kickball
  - Skiing
  - Volleyball

## Everyday

### As much as possible

- Play outside
- Ride your bike or walk to the store
- Help around the house
- Take the stairs instead of the elevator
- Take your dog or brother/sister for a walk
- Pick up your toys