

PHYSICAL ACTIVITY PYRAMID

**CUT
DOWN ON**
SITTING
TV & PC



2 TIMES A WEEK

STRENGTH
ACTIVITIES

FLEXIBILITY
ACTIVITIES

ACROBATICS
LIFTING WEIGHTS

STRETCHING
YOGA



3-5 TIMES A WEEK (AT LEAST 150MIN)

CARDIO
ACTIVITIES

RECREATIONAL
ACTIVITIES

RUNNING
SWIMMING
BIKING

FOOTBALL
HIKING
SKATING



EVERYDAY (AS MUCH AS POSSIBLE)

WALK, TAKE THE STAIRS,
PLAY WITH CHILDREN, WALK THE DOG,
WALK INSTEAD OF DRIVE/RIDE,
DO WORK AROUND THE HOUSE



The Activity Pyramid

Michael Brown



The Activity Pyramid:

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