

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

Joyce M. Black, Jane Hokanson Hawks



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web compiled by g izquierdo rodríguez page 2 1 directly proportional to the product of their charges $f \propto q_1 q_2$ 2 inversely

proportional to square of the distance between them $F \propto \frac{1}{r^2}$ therefore $F \propto \frac{1}{r^2} k q_1 q_2$ coulomb's law in symbols $F = \frac{1}{4\pi\epsilon_0} \frac{q_1 q_2}{r^2}$
coulomb's law the magnitude of the electrostatic force exerted by one point charge q

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