MyActivity Pyramid

Be physically active at least 60 minutes every day, or most days. Use these suggestions to help meet your goal.

Everyday Activities
As often as possible
- Playing outside
- Helping with chores around the house or yard
- Taking the stairs instead of the elevator
- Picking up toys
- Walking

Active Aerobics and Recreational Activities
3-5 times a week
- Playing basketball
- Biking
- Playing baseball or softball
- Rollerblading
- Skateboarding
- Playing soccer
- Swimming
- Playground games
- Jumping rope

Flexibility and Strength
2-3 times a week
- Practicing martial arts
- Rope climbing
- Stretching
- Practicing yoga
- Doing push-ups and pull-ups

Find your balance between food and fun:
- Move more. Aim for at least 60 minutes every day, or most days.
- Walk, dance, bike, rollerblade – it all counts. How great is that!

Inactivity
Cut down
- Watching television
- Playing on the computer
- Sitting for too long
- Playing video games