

Move it!

For Your Health

ACTIVITY PYRAMID



With your family:

Go Bicycling
Take a Walk
Play at park



PLAYING VIDEO GAMES



By Your self:

Jump Rope
Fly a kite
Do Cartwheels
Shoot baskets

CUT DOWN ON

LEISURE & PLAYTIME
CANOEING
MINIATURE GOLF
TUMBLING

STRENGTH & FLEXIBILITY
PUSH-UPS
PULL-UPS
DANCING
ROPE CLIMBING



2-3 TIMES A WEEK

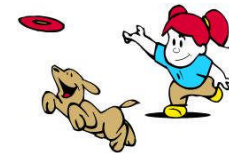


WITH FRIENDS:

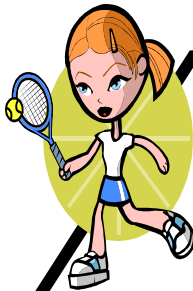
PLAY A TEAM SPORT
GO TO THE PARK
PLAY DODGE BALL OR TAG

AEROBIC (AT LEAST 20 MINS)
ROLLERBLADING, BICYCLING, SKATEBOARDING,
ROPE-JUMPING, SWIMMING, RUNNING

RECREATIONAL (AT LEAST 20 MINS.)
VOLLEYBALL, BASKETBALL, SOCCER, SKIING,
KICKBALL, RELAY RACES



3-5 TIMES A WEEK



AS OFTEN AS POSSIBLE
PLAY OUTSIDE TAKE THE STAIRS
GO FOR A WALK
HELP AROUND THE HOUSE OR YARD
PICK UP YOUR TOYS



EVERYDAY