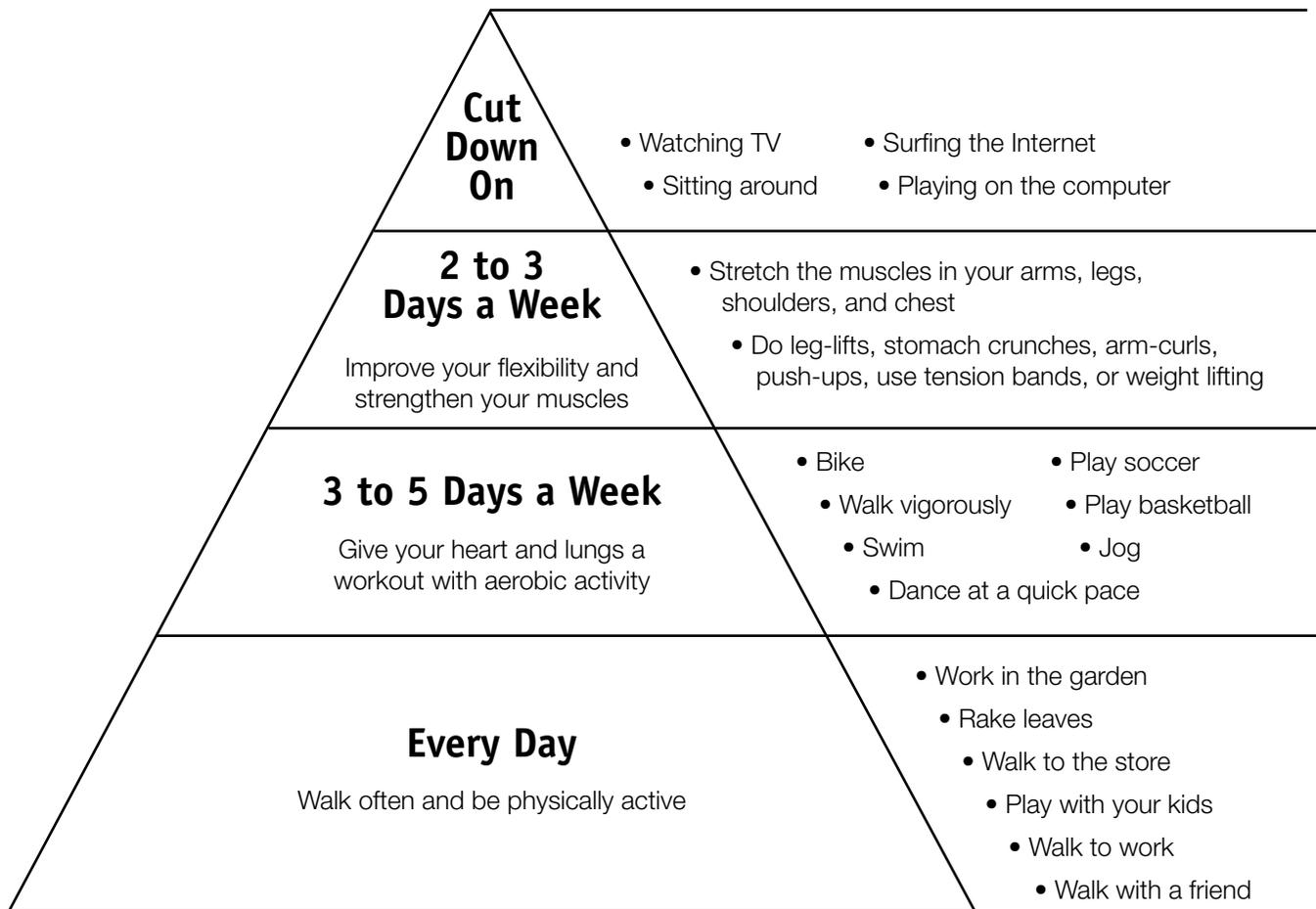


# Physical Activity Pyramid

There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle, or walking, you will find it fun and easy to incorporate physical activity into your daily life. Adults should do at least 30 minutes of physical activity every day, while children should do at least 60 minutes of physical activity every day. Use the following *Physical Activity Pyramid* as a guide for creating your own weekly program.



## IF YOU RARELY DO PHYSICAL ACTIVITY

Begin with activities at the base of the pyramid

- Walk whenever you can
- Make physical activity a part of your leisure time
- Set realistic goals, and work your way up toward the middle of the pyramid

## IF YOU DO PHYSICAL ACTIVITY SOMETIMES

Be more consistent with activities in the middle of the pyramid

- Plan physical activity in your day
- Set weekly and monthly goals
- Partner with a friend or family member to do physical activity together

## IF YOU DO PHYSICAL ACTIVITY OFTEN

Choose a mix of aerobic, flexibility, and strengthening activities

- Mix up your routine to keep it fun
- Try new physical activities
- Challenge yourself with new goals

Source: Adapted from The Activity Pyramid. Pyramids of Health, Park Nicollet HealthSource 2002.

For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA Food Stamp Program, an equal opportunity provider and employer.