MyActivity Pyramid

Be physically active at least 60 minutes, up to several hours every day.

Inactivity
- Cut down

Muscle Strengthening
- 3 times a week

Aerobic
- Every day

Lifestyle Activities
- As often as possible
MyActivity Pyramid

Be physically active 60 minutes, up to several hours every day. Use these suggestions to help meet your goal:

Lifestyle Activities
- Play outside
- Help with chores
- Take the stairs
- Pick up toys
- Walk

Aerobic
- Dance
- Skateboard
- Tag
- Ride your bike
- Martial arts, like karate
- Sports
  - Ice or field hockey
  - Basketball
  - Swimming
  - Tennis
  - Soccer

Muscle Strengthening
- Tug-of-war
- Rope climb
- Pull-ups
- Sit-ups
- Push-ups

Muscle-strengthening exercises help your bones get stronger so you can run and play.

Inactivity
- Screen time (TV, computer, video games*)
- Sitting longer than 60 minutes

Cut down
- Instead of watching sports on TV, go outside and play a sport!

* Video games that require physical activity may count toward your 60 minutes.

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