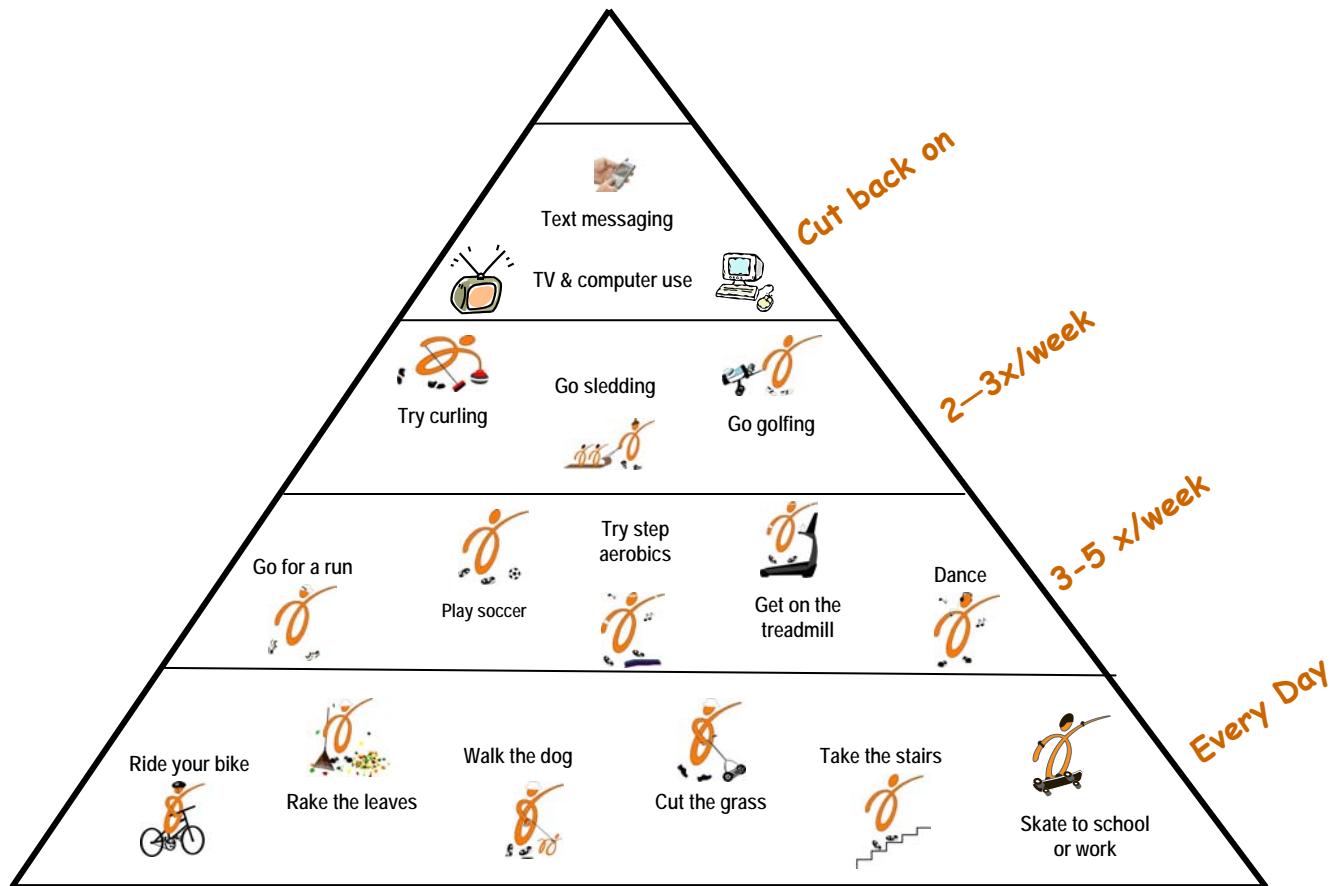


Physical Activity Pyramid



Stay "in motion" every day!

Every day: incorporate light activity throughout your day—walk to work, take the stairs instead of elevator, take your dog for a walk, rake the leaves, or shovel the snow, and avoid the remote control

3-5 times/week: incorporate moderate-vigorous activity—Run or brisk walking, play sports, take an aerobics class, dancing, swimming, or skating

2-3 times/week: incorporate moderate activity—golf, bowling, gardening, yoga, curling, sledding, strength training, or stretching

Cut back on: watching tv, using your computer, text messaging or talking on the phone