Physical Activity Pyramid

Level 4
Limit Sedentary Living
- Watching TV
- Playing computer games
- Surfing the Internet
Avoid inactive periods of two hours or more during the day (or during waking hours).

Level 3
Flexibility Activities
- Stretching
- Yoga
- Gymnastics
- F = 3-7 days/week
- I = Moderate stretch
- T = 15 to 60 seconds, 1 to 3 sets

Muscle Fitness Activities
- Resistance training
- Calisthenics
- Wall climbing
- F = 2-3 days/week
- I = Moderate to vigorous resistance
- T = 8 to 12 reps, 1 to 3 sets

Level 2
Active Sports and Recreational Activities
- In-line skating
- Canoeing
- Basketball
- Hiking
- Tennis
- Dancing
- F = 3-6 days/week
- I = Moderate to vigorous (increased heart rate)
- T = 20 or more minutes

Active Aerobic Activities
- Biking
- Jogging
- Running
- Step aerobics
- Aerobic dance
- Swimming
- Treadmill
- Stair stepper
- F = 3-6 days/week
- I = Moderate to vigorous
- T = 20 or more minutes

Level 1
Lifestyle Physical Activities
- Walk rather than ride
- Take the stairs
- Do yard work
- Play golf
- Go bowling
- Play active games
- F = All or most days of the week
- I = Moderate (equal to brisk walking)
- T = 30 or more minutes

Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.