

THE ACTIVITY PYRAMID

EACH WEEK, TRY TO BALANCE YOUR PHYSICAL ACTIVITY USING THIS GUIDE.

IF YOU'RE INACTIVE

(Rarely active)

Increase daily activities at the base of the pyramid.

- Walk whenever you can.
- Make leisure time as active as possible.

CUT DOWN ON

SITTING
WATCHING TV
WORKING OR PLAYING AT THE COMPUTER



IF YOU'RE SPORADIC

(Active some of the time, but not regularly)

Become more consistent with activities in the middle of the pyramid.

- Plan activity in your day.
- Set realistic goals.

3+ TIMES A WEEK

STRETCH & STRENGTHEN YOUR MUSCLES

TAKE STRETCH BREAKS
YOGA/TAI CHI

WEIGHT LIFTING
TENSION BANDS
PUSH UPS/CURL UPS



IF YOU'RE CONSISTENT

(Active most days of the week)

Choose activities from all levels of the pyramid.

- Change your routine if you start to get bored.
- Explore new activities.

3-5 TIMES A WEEK

GIVE YOUR HEART & LUNGS A WORKOUT

BIKING/HIKING
RUNNING/JOGGING
SWIMMING/WATER AEROBICS

BRISK WALKING
BASKETBALL
IN-LINE SKATING



EVERYDAY

WALK OFTEN & STAY ACTIVE

WALK THE DOG

DO YARDWORK

PLAY GOLF
GO BOWLING

PARK YOUR CAR FARTHER AWAY
TAKE THE STAIRS INSTEAD OF THE ELEVATOR



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