

Physical Activity Pyramid



Cut down on:

Watching TV, being on a computer or playing computer games, taking lifts and escalators, sitting for more than 30 minutes at a time

2-3 times a week – Strength & Flexibility

Pilates, yoga, Tai Chi, lifting light weights (resistance training)

5-7 days a week – Aerobic exercise

Accumulate a total of 30-60 minutes daily

Jog, cycle, brisk walk, swim, tennis, dance, hike, aerobics, aqua-aerobics

Every day- Be active!

Take stairs instead of lifts and escalators
Garden, mow the lawn, walk the dog, get up to change TV channels (instead of using the remote), walk to the shops