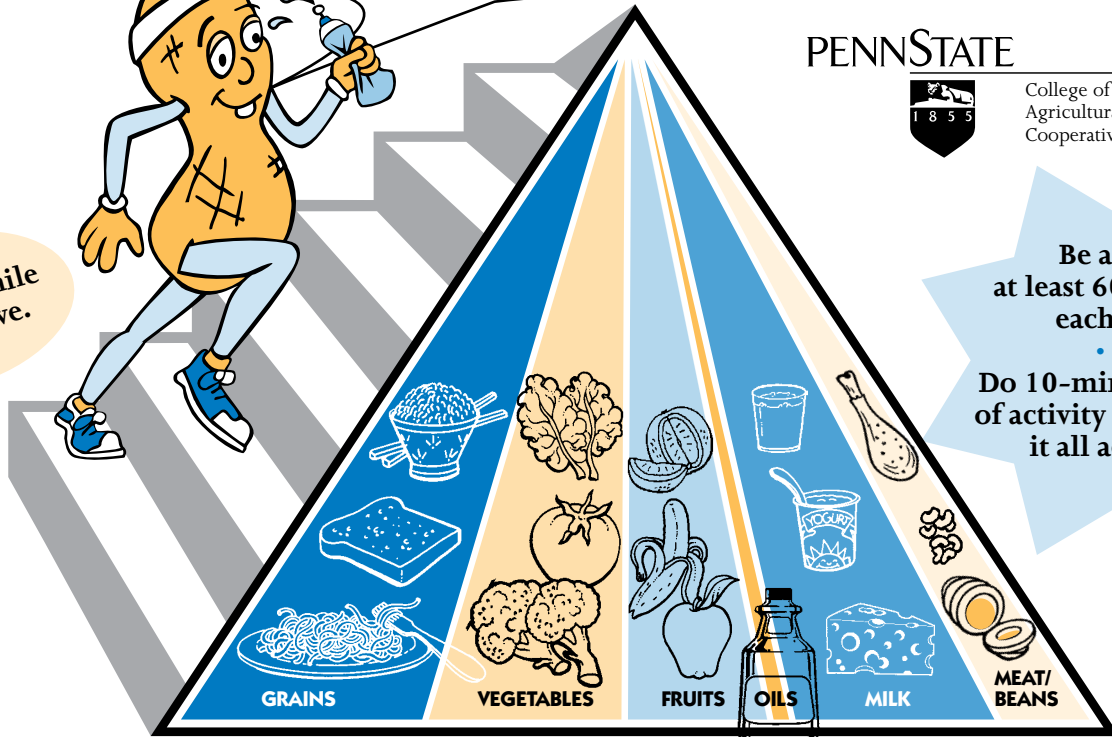


The Kids' ACTIVITY PYRAMID

Being physically active helps you build strong muscles and bones, have energy, maintain a healthy weight, learn, and feel good about yourself.

Have fun while being active.



PENNSTATE



College of Agricultural Sciences
Agricultural Research and
Cooperative Extension

Be active at least 60 minutes each day!

Do 10-minute bursts of activity at a time—it all adds up.

EVERYDAY ACTIVITIES	PLAY ACTIVITIES	RECREATIONAL ACTIVITIES	ACTIVITIES TO REDUCE	FREE TIME ACTIVITIES	STRENGTH & FLEXIBILITY ACTIVITIES
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- Play outside
- Take the stairs
- Ride less, walk more:
 - Walk to school
 - Walk to the store
 - Walk to the park
- Help around the house or yard
- Walk and play with your pet
- Ride bikes

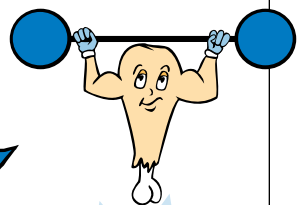
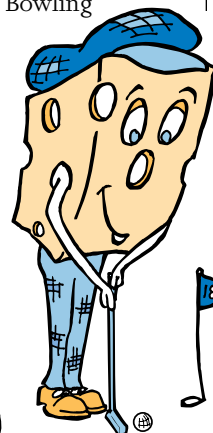
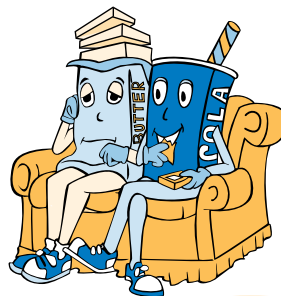
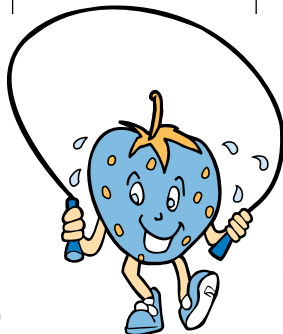
- Activities that make you breathe hard and sweat!
- Playing chasing games like freeze tag
 - Jumping rope
 - Cycling
 - Dancing to music
 - Climbing stairs
 - Playing TV or video games that get you moving

- Rollerblading
- Playing soccer
- Playing tennis
- Running relay races
- Swimming
- Playing volleyball, kickball, basketball, or Frisbee

- Watching TV
- Watching nonactive computer and video games
- Sitting for more than 30 minutes at a time

- Bike riding
- Exploring a nature park
- Flying a kite
- Sledding
- Ice skating
- Canoeing
- Playing miniature golf
- Bowling

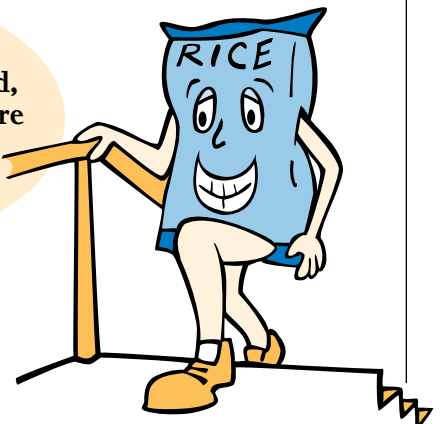
- Climbing on playground equipment or stairs
- Tumbling
- Running obstacle courses
- Dancing
- Martial arts
- Rope climbing
- Doing push-ups or pull-ups



Be active most days, if not everyday, of the week.



Use fun physical activities as a reward, like playing miniature golf or practicing at a batting cage.



Celebrate with fun active outings, like going to a water park.

My Own

ACTIVITY PYRAMID

Being physically active helps me build strong muscles and bones, have energy, maintain a healthy weight, learn, and just feel good about myself.

INSTRUCTIONS:

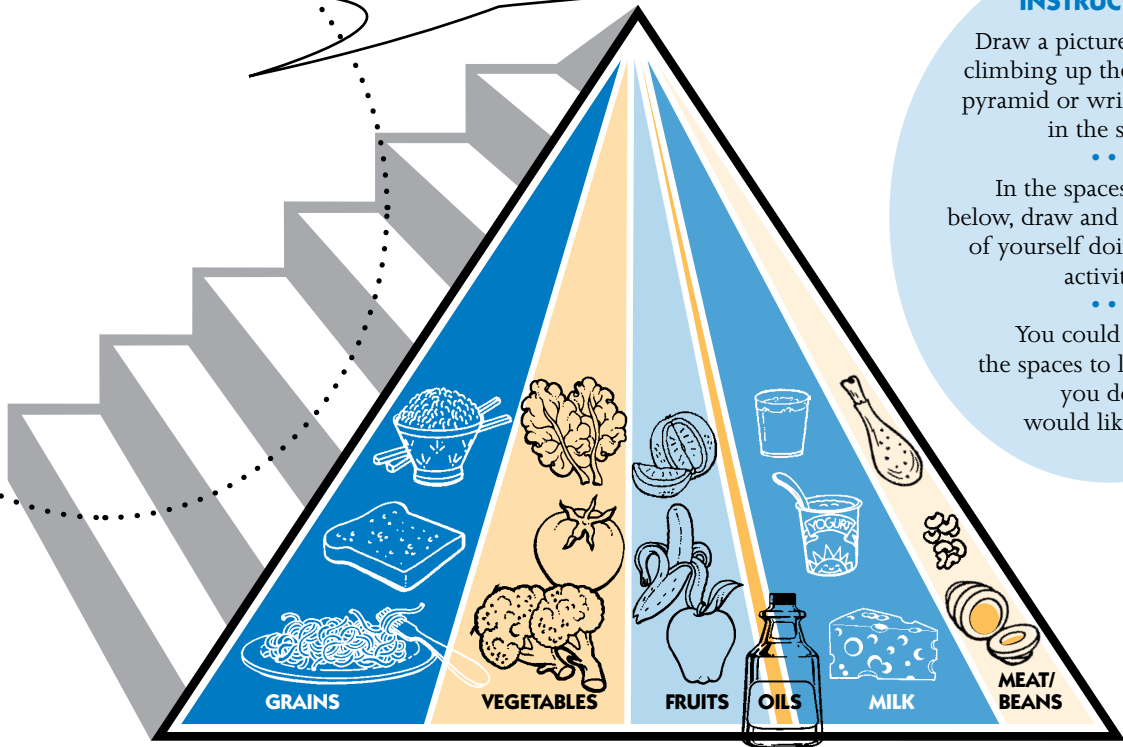
Draw a picture of yourself climbing up the stairs of the pyramid or write your name in the space.

...

In the spaces provided below, draw and color a picture of yourself doing some fun activities.

...

You could also use the spaces to list activities you do or would like to do.



EVERYDAY ACTIVITIES	PLAY ACTIVITIES	RECREATIONAL ACTIVITIES	ACTIVITIES TO REDUCE	FREE TIME ACTIVITIES	STRENGTH & FLEXIBILITY ACTIVITIES
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Large dashed-line boxes for drawing and writing activities, with a central dotted-line circle.

Limit television, video games, or computer time to one to two hours a day.

Plan regular physical activities with your friends and family.

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Go for after-dinner walks or weekly trips to the pool.

Include activity in your daily routine.