

# THE ACTIVITY PYRAMID

**EACH WEEK, TRY TO INCREASE YOUR PHYSICAL ACTIVITY USING THIS GUIDE. HERE'S HOW TO START...**

## IF YOU ARE INACTIVE

- (Rarely do activity)*
- Increase daily activities at the base of the Activity Pyramid by
- taking the stairs instead of the elevator
  - hiding the TV remote control
  - making extra trips around the house or yard
  - stretching while standing in line
  - walking whenever you can

## IF YOU ARE SPORADIC

*(Active some of the time, but not regularly)*

Become consistent with activity by increasing activity in the middle of the pyramid by

- finding activities you enjoy
- planning activities in your day
- setting realistic goals

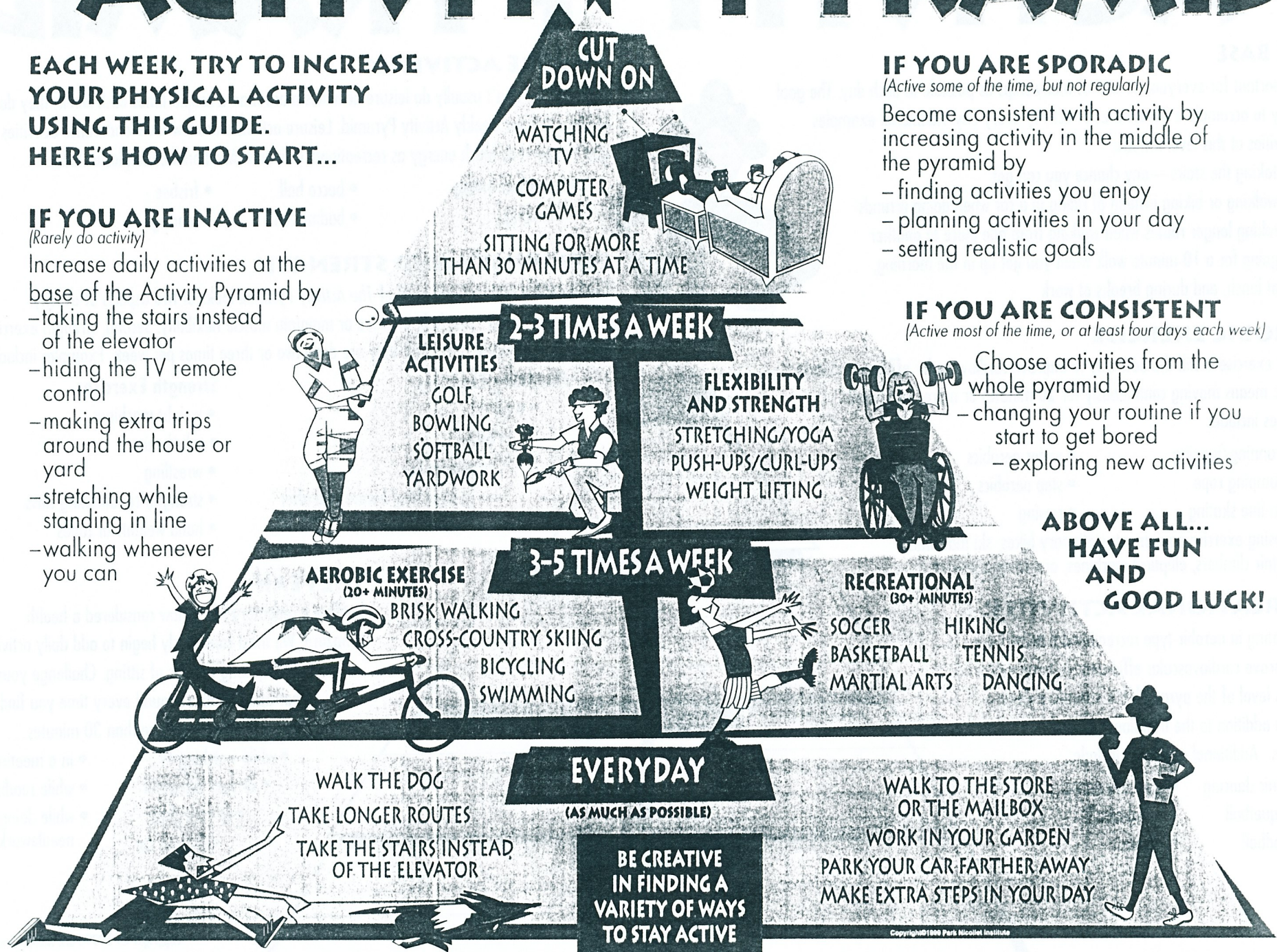
## IF YOU ARE CONSISTENT

*(Active most of the time, or at least four days each week)*

Choose activities from the whole pyramid by

- changing your routine if you start to get bored
- exploring new activities

**ABOVE ALL...  
HAVE FUN  
AND  
GOOD LUCK!**



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# THE ACTIVITY PYRAMID

## THE BASE

It's important for everyone to add as many steps as possible to each day. The goal is to try to accumulate 30 minutes of activity every day. Additional examples of activities at this level include:

- taking the stairs—any chance you can get
- walking or biking instead of riding in a car when doing errands
- taking longer routes when walking from one place to another
- going for a 10-minute walk when you get up in the morning,
- at lunch, and during breaks at work

## AEROBIC EXERCISE

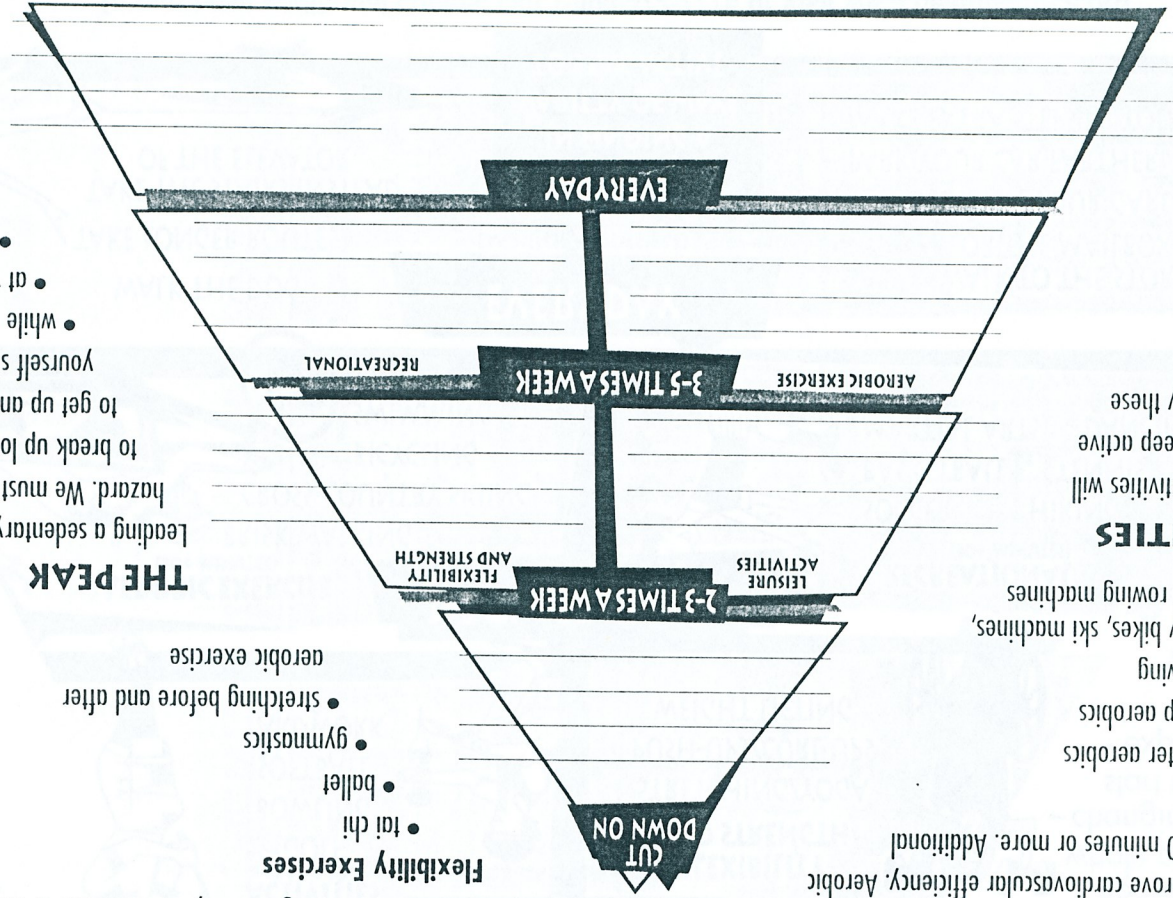
Aerobic exercise is still the best way to improve cardiovascular efficiency. Aerobic exercise means moving continuously for 20 minutes or more. Additional examples include:

- running/jogging
- jumping rope
- step aerobics
- rowing
- using exercise equipment: stationary bikes, ski machines, stair climbers, elliptical machines, or rowing machines

## RECREATIONAL ACTIVITIES

Participating in aerobic-type recreational activities will also improve cardiovascular efficiency. To keep active with this level of the pyramid, it's fun to try these sports in addition to the traditional aerobic exercises. Additional examples include:

- ethnic dancing
- racquetball
- handball
- square dancing
- volleyball
- karate



## LEISURE ACTIVITIES

Although we don't usually do leisure activities more than a couple times each week, they do add balance to your weekly Activity Pyramid. Leisure activities are low-level endurance activities that don't expend as much energy as recreational activities. Additional examples include:

- horseback riding
- boce ball
- badminton
- canoeing
- frisbee
- fencing

## FLEXIBILITY AND STRENGTH

The flexibility and strength level of *The Activity Pyramid* looks at two aspects of activity. First, flexibility exercises help improve or maintain muscle flexibility. Second, strength exercises help improve muscle strength if they are done two or three times per week. Examples include:

- tai chi
- ballet
- gymnastics
- stretching before and after aerobic exercise
- hand weights or tubes
- strength/conditioning class
- wrestling
- calisthenics
- weight machines

## THE PEAK

Leading a sedentary life is now considered a health hazard. We must consciously begin to add daily activity to break up long periods of sitting. Challenge yourself to get up and move around every time you find yourself sitting for more than 30 minutes. . .

- while watching TV
- in a meeting
- at your computer
- while reading
- at your desk
- while doing needlework
- in your car