

The Kids' ACTIVITY PYRAMID

Have fun and be active each week!

Try some of these activities:

PENNSTATE



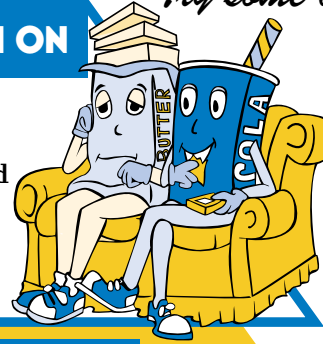
College of Agricultural Sciences
Cooperative Extension

WITH YOUR FAMILY

- Go bicycling
- Take a walk
- Play at a park

CUT DOWN ON

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



WITH FRIENDS

- Play games like dodge ball or tag
- Dance to your favorite music
- Play a team sport at school or at a park

2-3 TIMES A WEEK

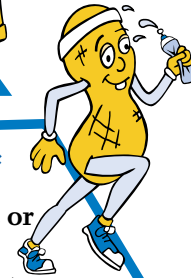
Leisure & Playtime

- Swinging
- Canoeing
- Tumbling
- Miniature golf



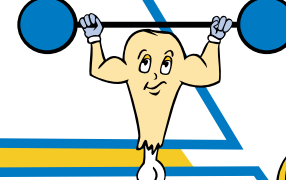
Strength & Flexibility

- Push-ups or pull-ups
- Martial arts
- Dancing
- Rope climbing



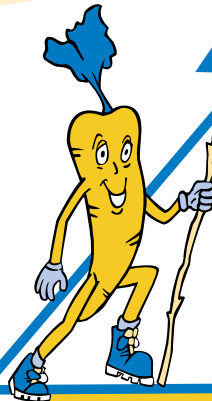
BY YOURSELF

- Jump rope
- Fly a kite
- Do cartwheels
- Shoot baskets



Aerobic (at least 20 minutes)

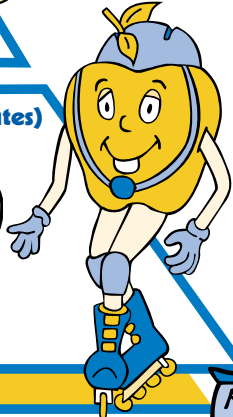
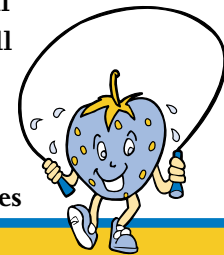
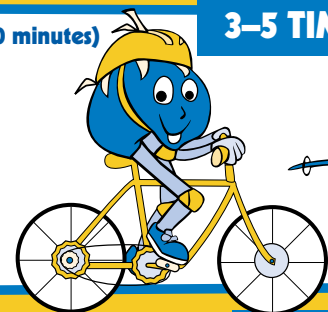
- Rollerblading
- Bicycling
- Skateboarding
- Rope jumping
- Swimming
- Running



3-5 TIMES A WEEK

Recreational (at least 20 minutes)

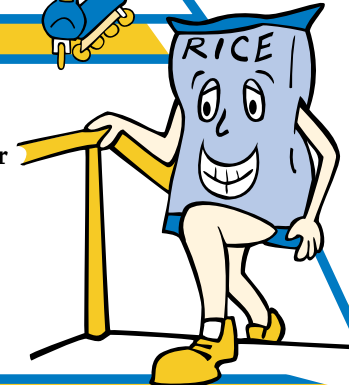
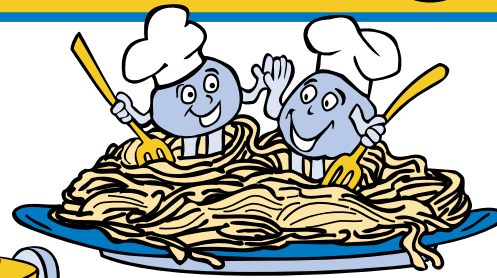
- Volleyball
- Basketball
- Soccer
- Skiing
- Kickball
- Relay races



EVERY DAY

(as often as possible)

- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard
- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk



My
OWN

ACTIVITY PYRAMID

**CUT
DOWN ON**

*This is your own personal activity pyramid.
List your physical activities for a week.
On, in the spaces provided, draw and
color a picture of you doing your activity.*

Leisure &
Playtime

2-3 TIMES A WEEK

Strength &
Flexibility

Aerobic (at least 20 minutes)

3-5 TIMES A WEEK

Recreational (at least 20 minutes)

EVERY DAY (as often as possible)