BUILDING YOUR OWN  
"MY ACTIVITY" PYRAMID

The “base” of your activity pyramid includes everyday activities. List 3 fun things you can do everyday – you can use from the list of Lifestyle Activities and add your own.
1.________________________ 2.________________________ 3.________________________

Now add to your activity pyramid aerobic and sports activities that get your heart pumping. Choose from the fun things listed in the Sports and Recreation Activities and add your own.
1.________________________ 2.________________________ 3.________________________

Climb your activity pyramid and add fun strengthening exercises that keep your muscles strong. These are activities to do 3-5x/week - choose from the list of Muscle and Fitness Activities (and add your own!) 1.________________________ 2.________________________ 3.________________________

Finish your activity pyramid with 3 fun activities that strengthen your bones and keep you flexible. See some ideas in the list of Flexibility Exercises Activities. Add your own ideas.
1.________________________ 2.________________________ 3.________________________

Finally: Remember to CUT DOWN on TV, sitting at the computer or video games, and sitting more than 30 minutes at a time.... KEEP MOVING!

Why is it important to be active every day? Being active helps you to do better on school work and helps to achieve and maintain a healthy weight!