



Activity Pyramid

30 
Active Minutes
Everyday

CUT DOWN ON

- Sitting
- Inactivity
- Watching TV
- Computer games

2-3 TIMES A WEEK

- ▶ garden/yard work
- ▶ hunt
- ▶ fish
- ▶ pick berries
- ▶ golf or bowl
- ▶ chop wood
- ▶ yoga
- ▶ lift weights
- ▶ push-ups/curl-ups
- ▶ scrub windows, floors

3-5 TIMES A WEEK

- ▶ bicycle
- ▶ run/jog
- ▶ rollerblade
- ▶ cross-country ski
- ▶ swim
- ▶ walk/snowshoe
- ▶ climb stairs
- ▶ hike
- ▶ soccer
- ▶ dance
- ▶ tennis
- ▶ hockey
- ▶ basketball
- ▶ kayak
- ▶ martial arts

EVERYDAY!

- ▶ walk the dog
- ▶ walk to the store/mailbox
- ▶ park your car farther away
- ▶ clean house
- ▶ push the stroller
- ▶ carry your groceries
- ▶ hide the remote control
- ▶ walk whenever you can
- ▶ take the stairs
- ▶ play active games
- ▶ stretch

How to use the Activity Pyramid



Take Heart Alaska recommends that Alaskans get at least 30 active minutes of physical activity on most — if not all — days of the week. Adults should get at least 2 hours and 30 minutes each week activity that requires moderate effort. The Activity Pyramid is a guide to help you achieve this goal. You can gain the many benefits from physical activity and exercise, and reduce your risks for many health problems. Here's how:

- ▶ Identify which of the following categories fits your activity level.
- ▶ Choose activities from any part of the pyramid.
- ▶ Thirty total minutes may be spread throughout the day (e.g., 10 minutes in the morning, 10 minutes at noon, 10 minutes in the evening) or completed in one 30-minute session.
- ▶ Try to do the activity for at least 10 minutes at a time for the greatest benefit.
- ▶ Begin with light activities and progress to moderate and vigorous activities.
- ▶ Have fun!!!

If you rarely do any physical activity

- ▶ Increase "everyday" activities at the base of the pyramid
- ▶ Be creative in finding other ways to stay active
- ▶ Cut down on activities at the top of pyramid
- ▶ Talk to friends who are active and ask them how they got started

If your physical activity is not regular (hit or miss)

- ▶ Find activities in the middle of the pyramid that you enjoy
- ▶ Become consistent with those activities
- ▶ Build the activities into your daily routine -- make them a habit
- ▶ Cut down on activities at the top of the pyramid

If your physical activity is regular (at least 4 days a week)

- ▶ Add one more day
- ▶ If you start to get bored, change your routine -- choose other pyramid activities
- ▶ Way to go! Keep up the good work every day

