ACTIVITY PYRAMID

CUT DOWN ON
- Watching TV
- Computer games / work
- Sitting for more than 30 minutes at a time

2-3 TIMES A WEEK
LEISURE ACTIVITIES
- Golf
- Bowling
- Softball
- Yardwork
FLEXIBILITY & STRENGTH
- Stretching / Yoga
- Push-ups / Curl-ups
- Weight Lifting

3-5 TIMES A WEEK
AEROBIC EXERCISE
- (30+ minutes)
  - Bicycling
  - Swimming
  - Brisk Walking
  - Cross-Country Skiing
RECREATIONAL
- (30+ minutes)
  - Soccer
  - Hiking
  - Tennis
  - Basketball
  - Martial Arts
  - Dancing

EVERYDAY (as much as possible)
- Walk the Dog
- Take Longer Routes
- Take the Stairs Instead of the Elevator
- Walk to the Store or the Mailbox
- Work in the Garden
- Park Your Car Farther Away
- Make Extra Steps in Your Day
Preteens, teens, and young adults (age 11-24) and pregnant and lactating women need 4 servings from the milk group to meet their increased calcium needs.

Adapted from Central District Health Department
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