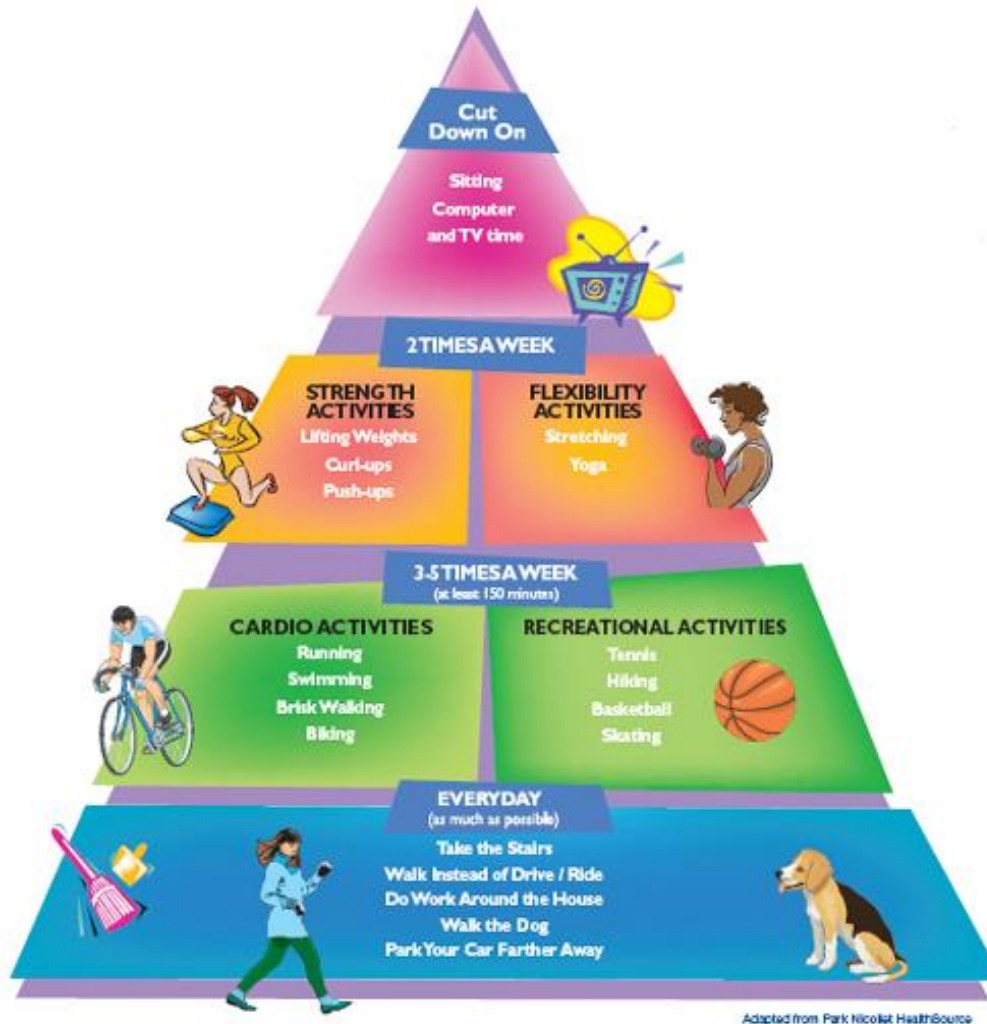


The Activity Pyramid

The Activity Pyramid is a guide to plan for an active lifestyle. Choose activities from all levels of the pyramid for a well-balanced physical activity plan.



An exercise program is more likely to be successful if it fits our lifestyle.

Consider the following:

Fits schedule: We need to make exercise a regular part of the day, similar to other important tasks like meals and bathing. Pick the time that fits best -- maybe before school or work, lunch time, or in the evening in front of TV.

Affordable: We don't have to join a gym to be healthy. There are both low-cost and expensive options to pick from.

Convenient: Great exercise options are available throughout the day - walk at lunchtime, lift weights at home, stretching while cooking dinner – the options are endless.

IMPORTANT: This website is not a substitute for your health care provider. Before starting any new exercise program, please check with your doctor.