**Activity Guide Pyramid**

**2 to 3 Times a Week**
- At Your Leisure
  - Do yard work
  - Swing
  - Golf
  - Bowl
  - Canoe

**3 to 5 Times a Week**
- Get Your Heart Beating (at least 20 minutes)
  - Swim
  - Jump rope
  - Skate
  - Skateboard
  - Run or jog

**Everyday Moves**
- Walk the dog
- Walk little kids
- Use the stairs
- Don’t ride!
- Walk or bike!
- Play outside
- Pick up your stuff
- Help around the house
- Pick up trash in your neighborhood

**2 to 3 Times a Week**
- Stretch and Strengthen
  - Curl-ups
  - Push-ups
  - Sit-ups
  - Pull-ups
  - Karate

**3 to 5 Times a Week**
- Get into the Game (at least 20 minutes)
  - Play basketball
  - Play baseball
  - Play tennis
  - Play soccer
  - Go on a hike

**Don’t Be a Sofa Sloth or a Mouse Potato**
- Avoid TV hypnosis
- Don’t get bogged in blogs or computers
- PS2 means Physical Sports Too
- Get off the sofa and get moving

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