ACTIVITY GUIDE PYRAMID

Just Move! Alabama

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

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
- Bicycle
- 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
- Sit-ups
- Push-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

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