

Physical Activity & Exercise Pyramid



TIPS:

- Start at the bottom of the pyramid and work your way up. The least amount of time should be spent in the "inactive zone."
- Warm-up and cool-down, including stretching, should be a part of every activity/exercise session.
- Try not to sit for more than 30 minutes at a time - while working at the computer, watching TV or just hanging out.
- Choose activities and exercises that you enjoy and that fit into your lifestyle.
- If you don't know how to use a piece of exercise equipment you increase your risk for injury. Ask someone who is trained to teach you the proper technique.
- Maintain a flexible schedule - do what you can, when you can, and don't feel guilty if you miss a day or two; consistent activity over months or years is most important.
- Balance your activity/exercise with healthy eating patterns.