

# My Activity Pyramid

2 - 3 Times a Week

**Cut Back!**  
TV time  
Playing video games  
Sitting for more than 30 minutes



Reduce

**Get Fit and Have Fun!**

Just dance  
Push-ups  
Practice martial arts  
Play mini-golf  
Fly a kite



3 - 5 Times a Week

**Get Outside!**  
Ride your bike!  
Go for a swim  
Go roller-skating  
Skateboarding  
Running



**Play a Sport!**  
Volleyball  
Basketball  
Football Soccer  
Relay Races  
Kickball

3 - 5 Times a Week

Everyday

**Get Active!**

Play outside  
Go for a walk  
Take the stairs

Play active games  
Pick up your toys  
Bathe or play with your pet

