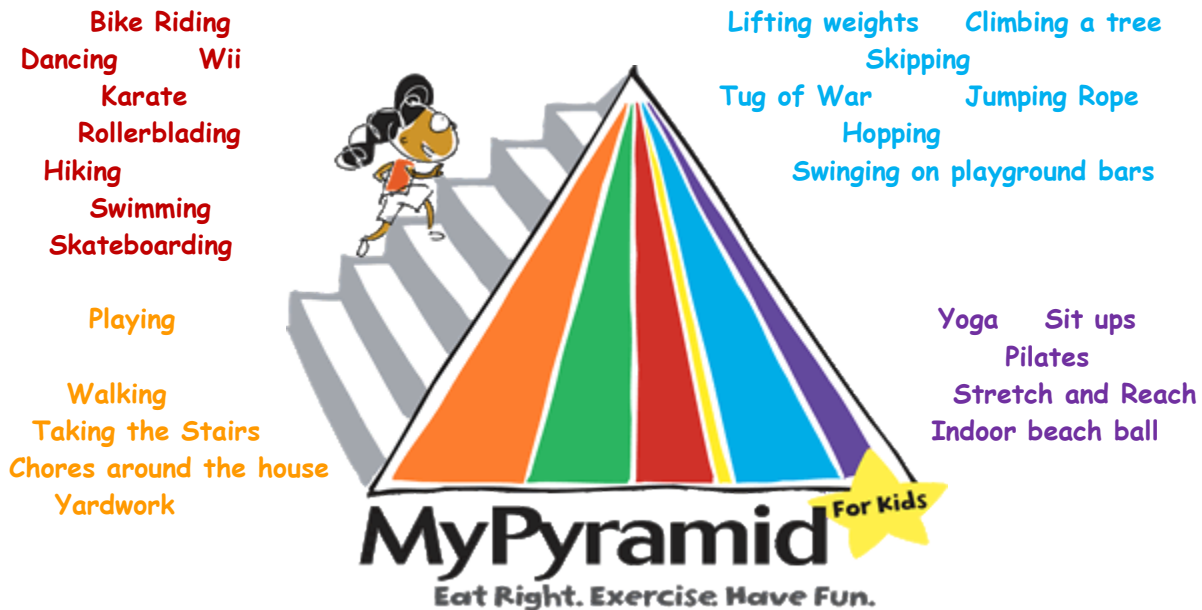


BUILDING YOUR OWN "MY ACTIVITY" PYRAMID



The “base” of your activity pyramid includes everyday activities. List 3 fun things you can do everyday – you can use from the list of **Lifestyle Activities** and add your own.

1. _____ 2. _____ 3. _____

Now add to your activity pyramid aerobic and sports activities that get your heart pumping. Choose from the fun things listed in the **Sports and Recreation Activities** and add your own.

1. _____ 2. _____ 3. _____

Climb your activity pyramid and add fun strengthening exercises that keep your muscles strong. These are activities to do 3-5x/week - choose from the list of **Muscle and Fitness Activities** (and add your own!) 1. _____ 2. _____

3. _____

Finish your activity pyramid with 3 fun activities that strengthen your bones and keep you flexible. See some ideas in the list of **Flexibility Exercises Activities**. Add your own ideas.

1. _____ 2. _____ 3. _____

Finally: Remember to CUT DOWN on TV, sitting at the computer or video games, and sitting more than 30 minutes at a time.... KEEP MOVING!

Why is it important to be active every day? Being active helps you to do better on school work and helps to achieve and maintain a healthy weight!