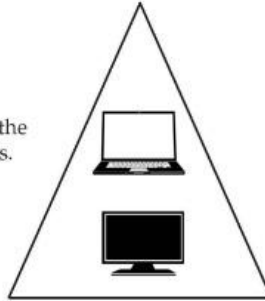


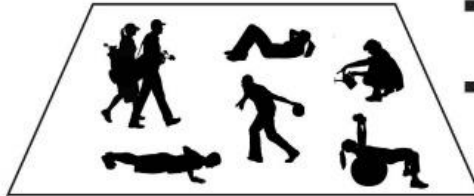
Activity Pyramid

Sparingly:
Sitting to watch TV, surf the Internet and play games.

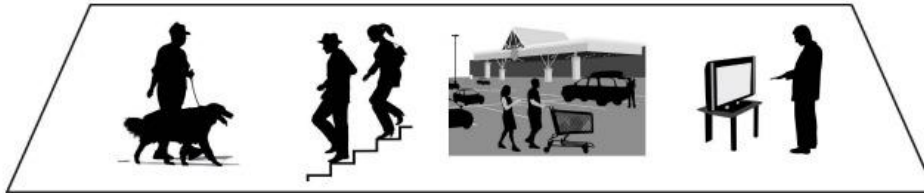
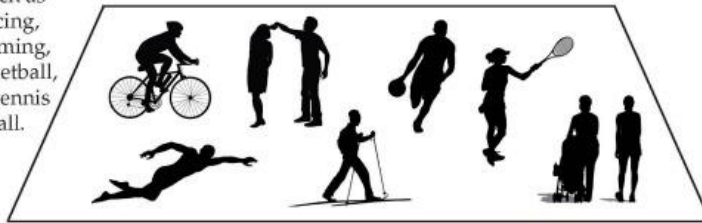


2-3 times a week:

- Activities such as bowling, golf or gardening.
- Strength training such as abdominal crunches, push ups or lifting weights.



3-5 times a week:
Activities such as biking, dancing, skiing, swimming, walking, basketball, racquetball, tennis or volleyball.



Every day:

- Take your pet for a walk.
- Use the stairs now and then instead of the elevator.
- Walk to the mailbox instead of driving to the post office.
- Park your car at the end of the parking lot and walk to the store.
- Get up and change the TV channel instead of using a remote control.
- During TV commercials, walk around the house or up and down the stairs.