Activity Pyramid

CUT DOWN ON
- Sitting
- Inactivity
- Watching TV
- Computer games

2-3 TIMES A WEEK
- garden/yard work
- hunt
- fish
- pick berries
- golf or bowl
- chop wood
- yoga
- lift weights
- push-ups/curl-ups
- scrub windows, floors

3-5 TIMES A WEEK
- bicycle
- run/jog
- rollerblade
- cross-country ski
- swim
- walk/snowshoe
- climb stairs
- hike
- soccer
- dance
- tennis
- hockey
- basketball
- kayak
- martial arts

EVERYDAY!
- walk the dog
- walk to the store/mailbox
- park your car farther away
- clean house
- push the stroller
- carry your groceries
- hide the remote control
- walk whenever you can
- take the stairs
- play active games
- stretch

30 Active Minutes Everyday
Take Heart Alaska recommends that Alaskans get at least 30 active minutes of physical activity on most — if not all — days of the week. Adults should get at least 2 hours and 30 minutes each week activity that requires moderate effort. The Activity Pyramid is a guide to help you achieve this goal. You can gain the many benefits from physical activity and exercise, and reduce your risks for many health problems. Here’s how:

- Identify which of the following categories fits your activity level.
- Choose activities from any part of the pyramid.
- Thirty total minutes may be spread throughout the day (e.g., 10 minutes in the morning, 10 minutes at noon, 10 minutes in the evening) or completed in one 30-minute session.
- Try to do the activity for at least 10 minutes at a time for the greatest benefit.
- Begin with light activities and progress to moderate and vigorous activities.
- Have fun!!!

**If you rarely do any physical activity**

- Increase “everyday” activities at the base of the pyramid
- Be creative in finding other ways to stay active
- Cut down on activities at the top of pyramid
- Talk to friends who are active and ask them how they got started

**If your physical activity is not regular (hit or miss)**

- Find activities in the middle of the pyramid that you enjoy
- Become consistent with those activities
- Build the activities into your daily routine -- make them a habit
- Cut down on activities at the top of the pyramid

**If your physical activity is regular (at least 4 days a week)**

- Add one more day
- If you start to get bored, change your routine -- choose other pyramid activities
- Way to go! Keep up the good work every day