

# Physical Activity Pyramid

There are many wonderful ways to be physically active every day. By doing a variety of moderate-intensity activities, such as gardening, jogging, riding your bicycle or walking, you will find it fun and easy to incorporate physical activity into your daily life. Adults should do 60 minutes of physical activity on most days of the week. Use the following Physical Activity Pyramid as a guide for creating your own weekly program.

## If You Rarely Do Physical Activity

Begin with activities at the base of the pyramid

- Walk whenever you can
- Make physical activity a part of your leisure time
- Set realistic goals, and work your way up toward the middle of the pyramid

## If You Do Physical Activity Sometimes

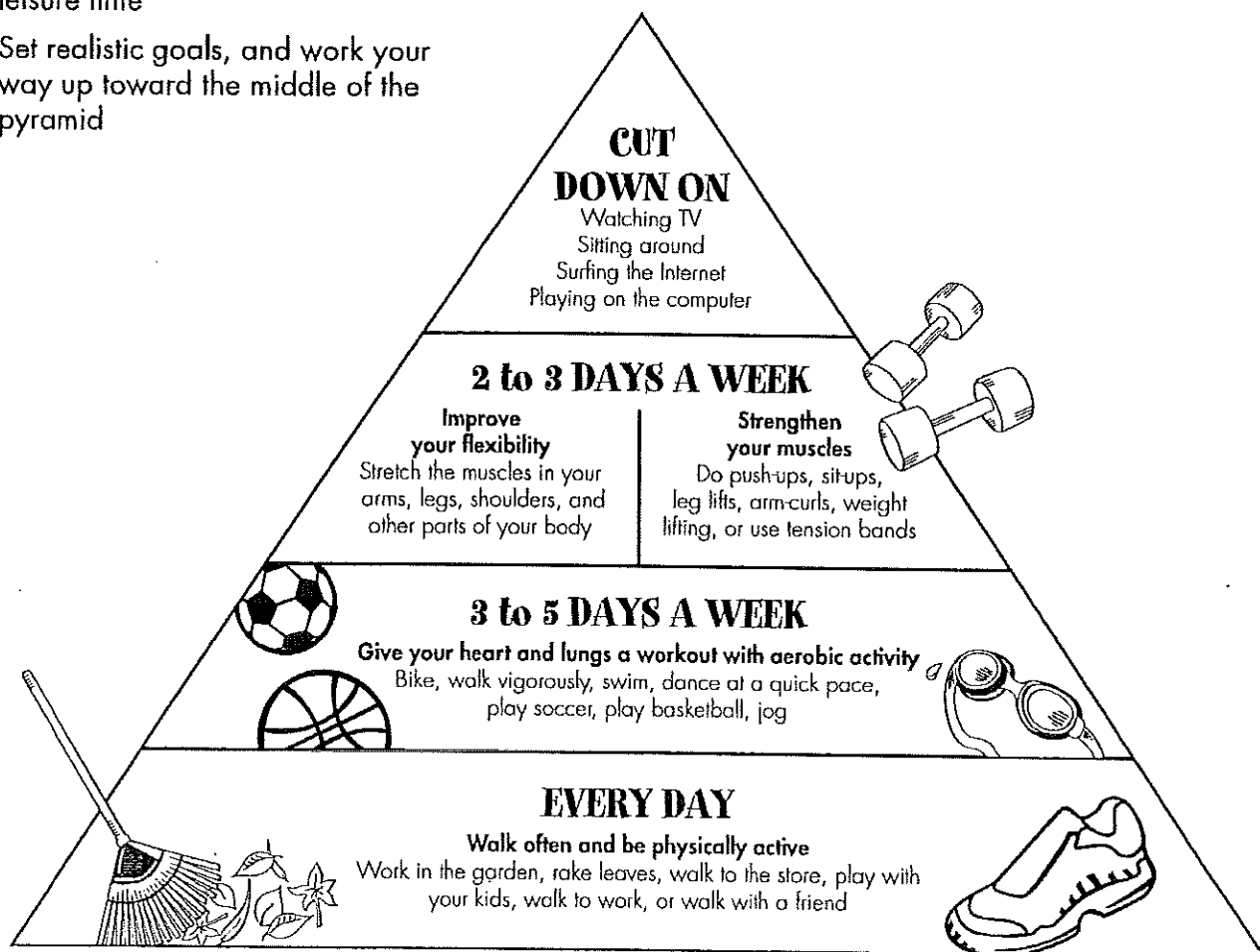
Begin with activities at the base of the pyramid

- Walk whenever you can
- Make physical activity a part of your leisure time
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## If You Do Physical Activity Often

Choose a mix of aerobic, flexibility and strengthening activities

- Mix up your routine to keep it fun
- Try new physical activities
- Challenge yourself with new goals



Source: Adapted from *The Activity Pyramid. Pyramids of Health*, Park Nicollet HealthSource. 2002.

For more information about fruits and vegetables and physical activity, visit us at [www.ca5aday.com](http://www.ca5aday.com) or call 1-888-EAT-FIVE (1-888-328-3483).