

Happy Body Activity Pyramid

www.CarolMerlo.com

Each week you can have fun and be active by doing the following things...

Cut Down On

Sitting for More than 30 Minutes

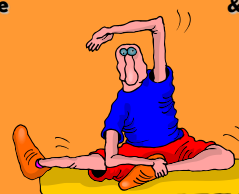


With Family
Go to the Park
Take a Walk
Turn off the TV

2-3 Times a Week

Recreation & Leisure

Strength & Flexibility



With Friends

Dance

Golf
Bowling
Walks

Weights
Yoga
Pilates

By Yourself

Walk the Mall
Join a Sports Team

Exercise Videos
Stretch
Gardening

3-5 Times a Week

Aerobic Exercises
At Least 30 Minutes

Recreational Activities



Biking
Swimming
Skating

Wii Fit/Sports
Running
Speed Walking

Skiing
Basketball
Soccer

Folk Dancing
Laser Tag
Rock Climbing



Every Day

(As Much as Possible)

Get Outside
Walk Around
Do Chores



Take the Stairs
Park and Walk
Walk the Dog

