



- T.V. Watching
- Video and Computer Games
- Sitting Still for long periods of time







## Leisure **Activities**

- Reading
- Gardening
- House Cleaning

# Strength & **Flexibility**

- Stretching
- Push-ups/Pull-up
- Martial Arts



# 3-5 Times a Week



#### **Aerobic Exercises**

(Try for 30 minutes - make sure to warm-up & cool down)

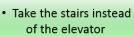
- Biking
- Swimming
- Dancing

### Recreational **Activities**

(Try for at least 30 minutes)

- Basketball
- Soccer
- Volleyball





- Do work around the house or yard
- Drink plenty of water

# **EVERYDAY**

(as often as possible)



- Walk or bike to get where you need to go
- Walk or bathe your pet
- Get outside and be active





Created by Lindsey Catherine Mullis, M.S. for the Human Development Institute at the University of Kentucky

Modified from MU Extension, University of Missouri-Columbia; Barbara Willenberg – Activity Pyramid