The Fitness for Life

Physical Activity Pyramid for Children

Level 4: Limit Sedentary Living
- Watching TV
- Playing computer games
- Surfing the Internet
- Avoid inactive periods of two hours or more during the day (or during waking hours).

Level 3: Flexibility Activities
- Stretching
- Bending and bending
- Stands and play that stretch muscles
- 3-7 days/week
- More than normal
- Many times a day

Level 3: Muscle Fitness Activities
- Climb a rope
- Muscle Fitness exercises
- Wall climbing
- Exercise bands
- Fitness games
- 2-3 days/week
- More than normal
- Many times a day

Level 2: Active Aerobics, Games, Sports, and Recreation
- Play active games and sports
- Run, jump, be active in play
- Ride your bike
- Swimming
- Jump rope
- 3-6 days/week
- Make your heart beat faster than normal
- Accumulate 30 or more minutes a day, but it's OK to stop and rest while playing

Level 1: Lifestyle Physical Activities
- Walks rather than ride
- Take the stairs
- Do yard work
- Play games
- All or most days of the week
- More than normal or 12,000 steps (using a pedometer)

Accumulate 60 minutes and up to several hours of activity from the pyramid each day.
Eating well helps you stay active and fit.

The recommendations in the poster are consistent with the Physical Activity Guidelines for Children, NAPED/COPEX, 2005.
The Physical Activity Pyramid is adapted from Fitness for Life, 5th Edition (2005), Charles E. Cote and Ruth Lindsey, Human Kinetics, Champaign, IL.