

Health & Wellness

# Physical Activity Pyramid

*The goal of the Physical Activity Pyramid is to gradually increase the amount of physical activity you do and decrease your inactive time.*



The physical activity pyramid is like the food pyramid but for exercise. It shows the importance of including different types of physical activities in your daily routine. The most important and beneficial activities are at the bottom, while the least beneficial are at the top. Here's a breakdown:

## Sedentary Activities: Limit These

These are low or no movement activities like sitting, lying down, or watching TV. They're at the top of the pyramid because you should limit the time spent on them. Too much can negatively affect your health.

## **Strength, Flexibility, and Balance: 2-3 Times per Week**

This includes activities that don't significantly increase heart rate but are important for overall fitness, especially as we age. Think of casual walking, light stretching, yoga, tai chi, Pilates, resistance training, and bodyweight exercises.

## **Cardio and Recreational Activities: 3-5 Times per Week**

These activities get your heart rate up. They include brisk walking, moderate cycling, or leisurely swimming. More vigorous activities like running, aerobic exercise, HIIT, and competitive sports are also here. Aim for 150-300 minutes per week.

## **Everyday Activities: Stay Active Daily**

These are things you do as part of your day, like biking to work, doing yard work, household chores, walking to your mailbox, walking your dog, or playing with your kids.

Mix activities from each tier of the pyramid to stay active and healthy. This variety helps improve cardiovascular health, muscle strength, flexibility, and overall well-being.