

# Physical Activity Pyramid



## CUT DOWN ON:

- Watching television
- Watching videos
- Playing computer games

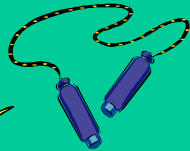
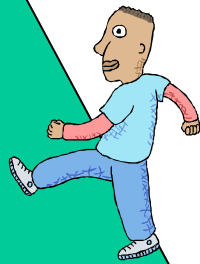
- Swinging
- Tumbling



## OFTEN

- Swim
- Run
- Ride bikes

- Basketball
- Soccer
- Kickball



## EVERY DAY

- Play outside
- Ride your bike
- Go for a walk
- Help around the house

- Take the stairs instead of the escalator
- Take your dog for a walk
- Pick up your toys



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Pick three days out of the week and write down all of the physical activities your child does in those days. Share the results with the promotora who works with you.