Kids’ Activity Pyramid

Each week you can have fun and be active by trying the following things:

WITH FRIENDS:
Dance to music
Play games like tag and hopscotch
Join a sports team

WITH FAMILY:
Go on a walk together
Play at the park
Turn off the TV for a day

BY YOURSELF:
Fly a kite
Do cartwheels, somersaults, or jumping jacks
Practice sports skills

Have more fun by thinking up your own activities!

CUT DOWN ON
• TV watching
• Video and computer games
• Sitting more than 30 minutes at a time

2-3 TIMES A WEEK
Leisure & Playtime
• Swinging
• Canoeing
• Tumbling
• Miniature golf
Strength & Flexibility
• Push-ups/pull-ups
• Martial arts
• Dancing
• Rope climbing

3-5 TIMES A WEEK
Aerobic Exercises (at least 20 minutes)
• Roller blading
• Biking
• Skateboarding
• Swimming
• Running
Recreational activities (at least 20 minutes)
• Volleyball
• Basketball
• Soccer
• Skiing
• Kickball
• Relay races

EVERYDAY
(as often as possible)
• Play outside
• Take the stairs instead of the elevator
• Help around the house or yard
• Bathe your pet
• Pick up your toys
• Walk to the store
• Go for a walk

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