



KIDS!

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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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