

THE PHYSICAL ACTIVITY PYRAMID





BEING SEDENTARY DURING YOUR LEISURE TIME

• Watching the Television • Playing on the Computer



EXERCISE

- Swimming
- Dancing
- Gym
- Other

- Cycling
- Hiking
- Ball Games



EVERY DAY

BEING ACTIVE DURING YOUR NORMAL ROUTINE

- Walk the Dog
- Gardening

Building a Better Health Service

- Housework
- Other



