

PHYSICAL ACTIVITY PYRAMID

**CUT
DOWN ON**
SITTING
TV & PC



2 TIMES A WEEK

STRENGTH
ACTIVITIES

FLEXIBILITY
ACTIVITIES

ACROBATICS
LIFTING WEIGHTS

STRETCHING
YOGA



3-5 TIMES A WEEK (AT LEAST 150MIN)

CARDIO
ACTIVITIES

RECREATIONAL
ACTIVITIES

RUNNING
SWIMMING
BIKING

FOOTBALL
HIKING
SKATING



EVERYDAY (AS MUCH AS POSSIBLE)

WALK, TAKE THE STAIRS,
PLAY WITH CHILDREN, WALK THE DOG,
WALK INSTEAD OF DRIVE/RIDE,
DO WORK AROUND THE HOUSE



The Activity Pyramid

Daniel F McAuley



The Activity Pyramid:

The Activity Pyramid Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **The Activity Pyramid**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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