



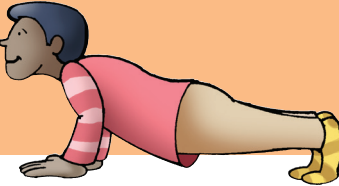

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# MyActivity Pyramid

Some is better than none, more is better than some, and too much is hard to get.

# MyActivity Pyramid

Be physically active 60 minutes, up to several hours every day.  
Use these suggestions to help meet your goal:

Lifestyle Activities	Aerobic	Muscle and Bone Strengthening	Inactivity
As often as possible	Every day	3 times a week	Cut down
<ul style="list-style-type: none"> <li>• Play outside</li> <li>• Help with chores</li> <li>• Take the stairs</li> <li>• Pick up toys</li> <li>• Walk</li> </ul> 	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Skateboard</li> <li>• Tag</li> <li>• Ride your bike</li> <li>• Martial arts, like karate</li> <li>• Sports                             <ul style="list-style-type: none"> <li>◦ Ice or field hockey</li> <li>◦ Basketball</li> <li>◦ Swimming</li> <li>◦ Tennis</li> <li>◦ Soccer</li> </ul> </li> </ul> <p>These activities should be moderate to vigorous intensity, aiming for vigorous at least 3 days per week.</p> 	<ul style="list-style-type: none"> <li>• Tug-of-war</li> <li>• Rope climb</li> <li>• Playing on the monkey bars</li> <li>• Sit-ups</li> <li>• Push-ups</li> </ul> <p>Muscle-strengthening exercises help your bones get stronger so you can run and play.</p> 	<ul style="list-style-type: none"> <li>• Screen time (TV, computer, video games*)</li> <li>• Sitting longer than 30 minutes</li> </ul> <p>Instead of watching sports on TV, go outside and play a sport!</p> <p>* Video games that require physical activity may count toward your 60 minutes.</p> 

## Find your balance between food and fun:

- Move more. Aim for at least 60 minutes every day.
- Walk, dance, bike, rollerblade — it all counts. How great is that!

This publication reflects the 2018 Physical Activity Guidelines for Americans, chapter 3. Funded in part by USDA SNAP. Running out of money for food? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](http://mydss.mo.gov/food-assistance). For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.