



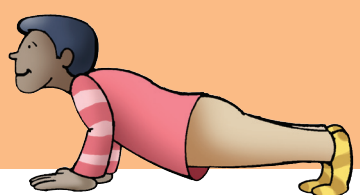

# MyActivity Pyramid

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

Lifestyle Activities	Aerobic	Muscle 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> 	<ul style="list-style-type: none"> <li>• Tug-of-war</li> <li>• Rope climb</li> <li>• Pull-ups</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 60 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 is adapted from the USDA's MyPyramid and the 2008 Physical Activity Guidelines for Americans, chapter 3. Funded in part by USDA SNAP. Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp](http://dss.mo.gov/fsd/fstamp). For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.