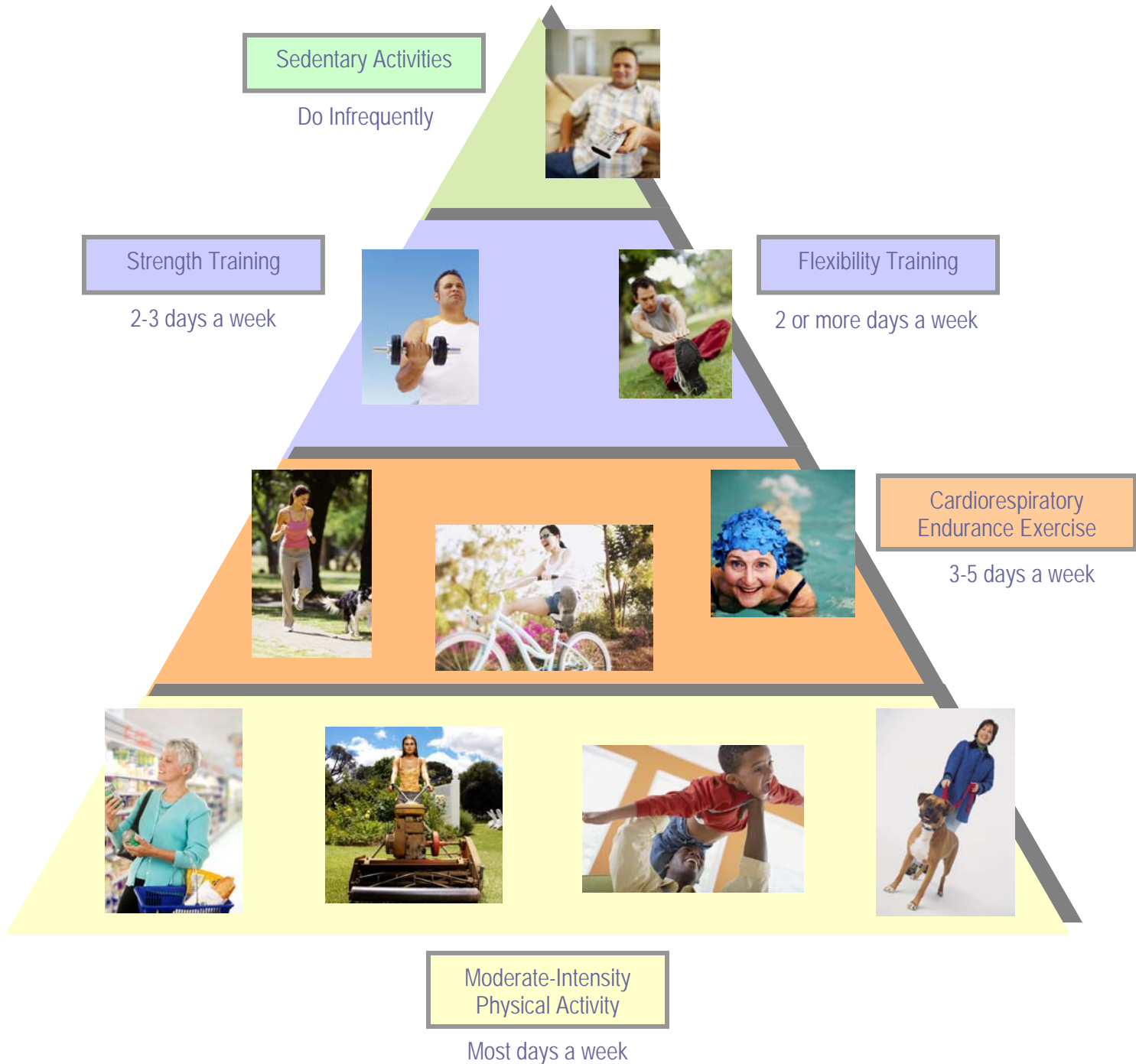


Physical Activity Pyramid



Sedentary Activity includes watching television, surfing the internet, and talking on the phone.

Strength Training includes bicep curls, push-ups, abdominal curls, bench press, and calf raises.

Flexibility Training includes calf stretches, hurdler stretch, and across the body stretch.

Cardiorespiratory Endurance Exercise includes walking, jogging, bicycling, swimming, and dancing.

Moderate-Intensity Physical Activity includes walking to the store, washing windows or your car, working in the yard, walking the dog, and playing with your kids.