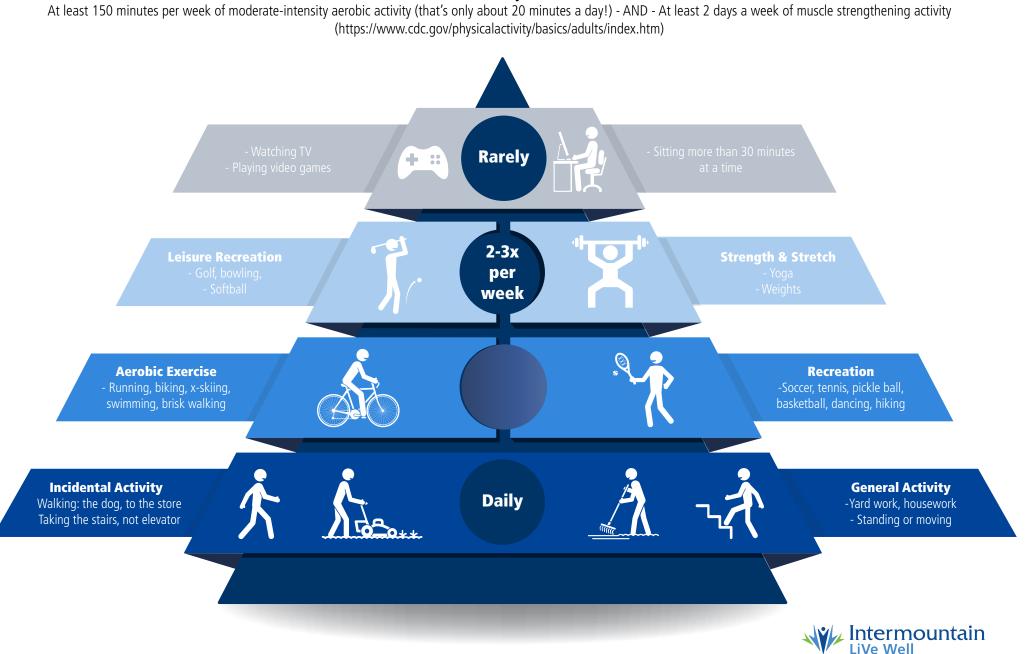
Physical Activity Pyramid

All activity counts—start with just 5 minutes! Pull out short segments from each of the bottom 3 levels whenever you can. You'll be surprised how quickly it all adds up.



How much activity do I need?