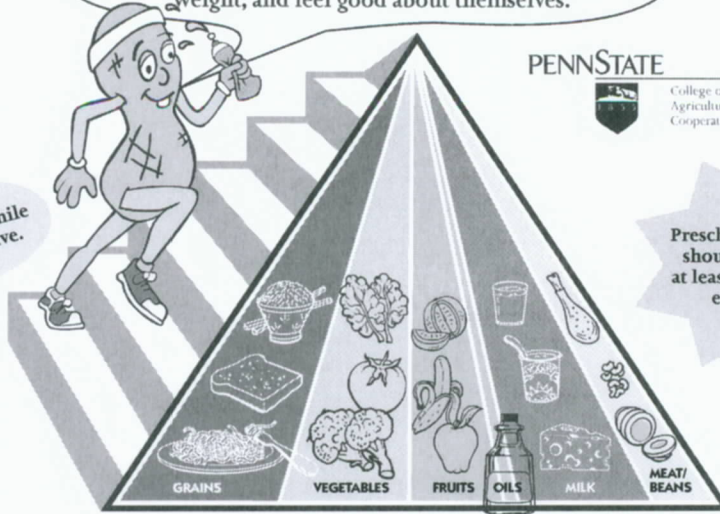




The **Pro** **ACTIVITY PYRAMID**

Being physically active helps children grow, learn, build strong muscles and bones, have energy, maintain a healthy weight, and feel good about themselves.

Have fun while being active.



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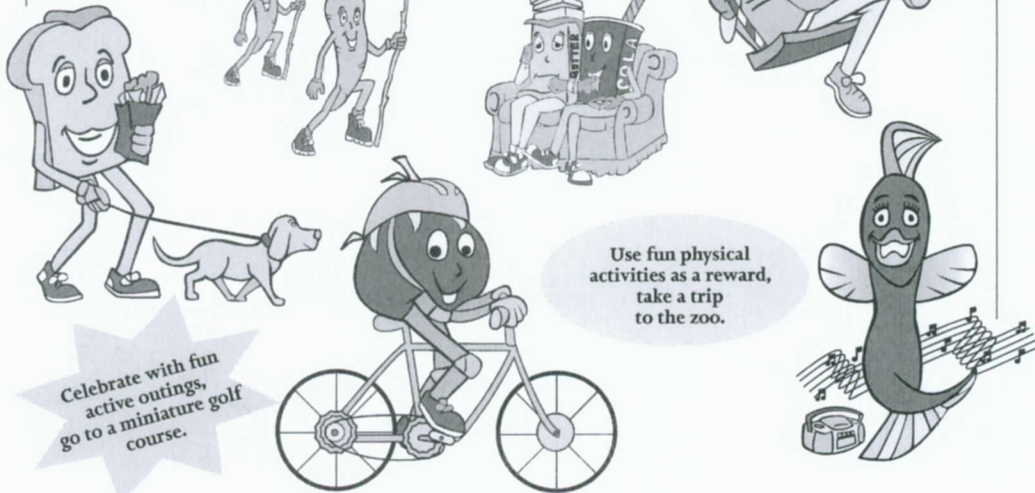


College of Agricultural Sciences
Agricultural Research and
Cooperative Extension

Preschool children should be active at least 60 minutes each day!

EVERYDAY ACTIVITIES	PLAY ACTIVITIES	RECREATIONAL ACTIVITIES	ACTIVITIES TO REDUCE	FREE TIME ACTIVITIES	STRENGTH & FLEXIBILITY ACTIVITIES
<ul style="list-style-type: none"> • Play outside • Ride less, walk more: <ul style="list-style-type: none"> – Walk to pre-school – Walk to the store – Walk to the park • Help around the house or yard • Walk and play with your pet • Pick up your toys • Ride bikes 	<p>Activities that make you breathe hard and sweat!</p> <ul style="list-style-type: none"> • Playing games: <ul style="list-style-type: none"> – Follow the leader – Tag games – Hide and seek – Dancing to music • Playing TV or video games that get you moving 	<ul style="list-style-type: none"> • Relay races • Playing with balls • Playing soccer • Playing T-ball • Swimming 	<ul style="list-style-type: none"> • Watching TV • Watching nonactive computer and video games • Sitting for more than 30 minutes at a time 	<ul style="list-style-type: none"> • Bike riding • Swinging • Exploring a nature park • Flying a kite • Digging in the dirt or sand • Tumbling in the leaves • Building a snowman 	<ul style="list-style-type: none"> • Climbing on play-ground equipment • Tumbling • Climbing stairs • Playing in obstacle courses • Dancing • Martial arts

Short bursts of activity all add up!



Celebrate with fun active outings, go to a miniature golf course.

Use fun physical activities as a reward, take a trip to the zoo.

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