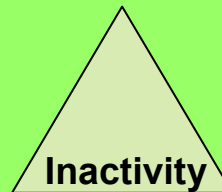
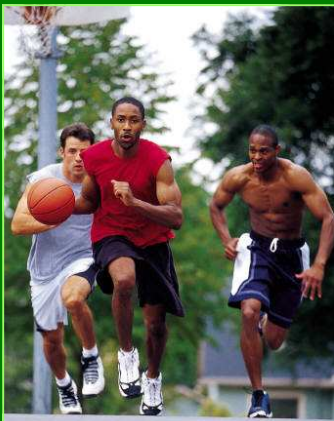


12 Steps to Better Health

Step 3: March

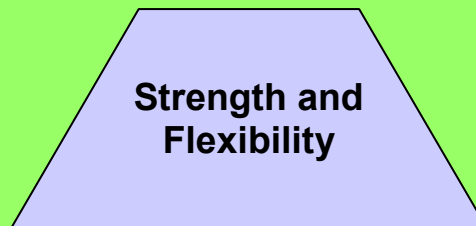
The Activity Pyramid

The activity pyramid illustrates the fitness needs of adults. Use the activity pyramid to create more balance in your life!



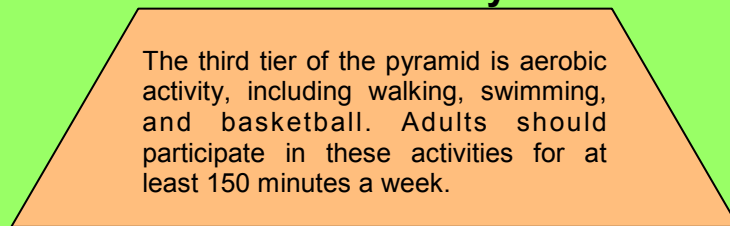
The top tier of the activity pyramid is inactivity. Activities that fall into this category are sitting at a computer, watching TV, and playing video games. These types of activities should be limited.

The second tier of the pyramid is strength and flexibility activities including yoga, stretching, and strength training. Adults should participate in these activities at least two times a week.



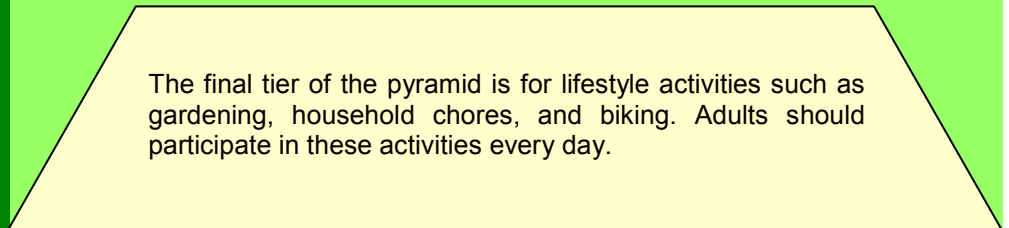
Aerobic Activity

The third tier of the pyramid is aerobic activity, including walking, swimming, and basketball. Adults should participate in these activities for at least 150 minutes a week.



Lifestyle Activity

The final tier of the pyramid is for lifestyle activities such as gardening, household chores, and biking. Adults should participate in these activities every day.



Visit these websites for other exercise tips:
www.AmericanHeart.org
www.FloridaHealthFinder.gov
www.EscambiaHealth.com