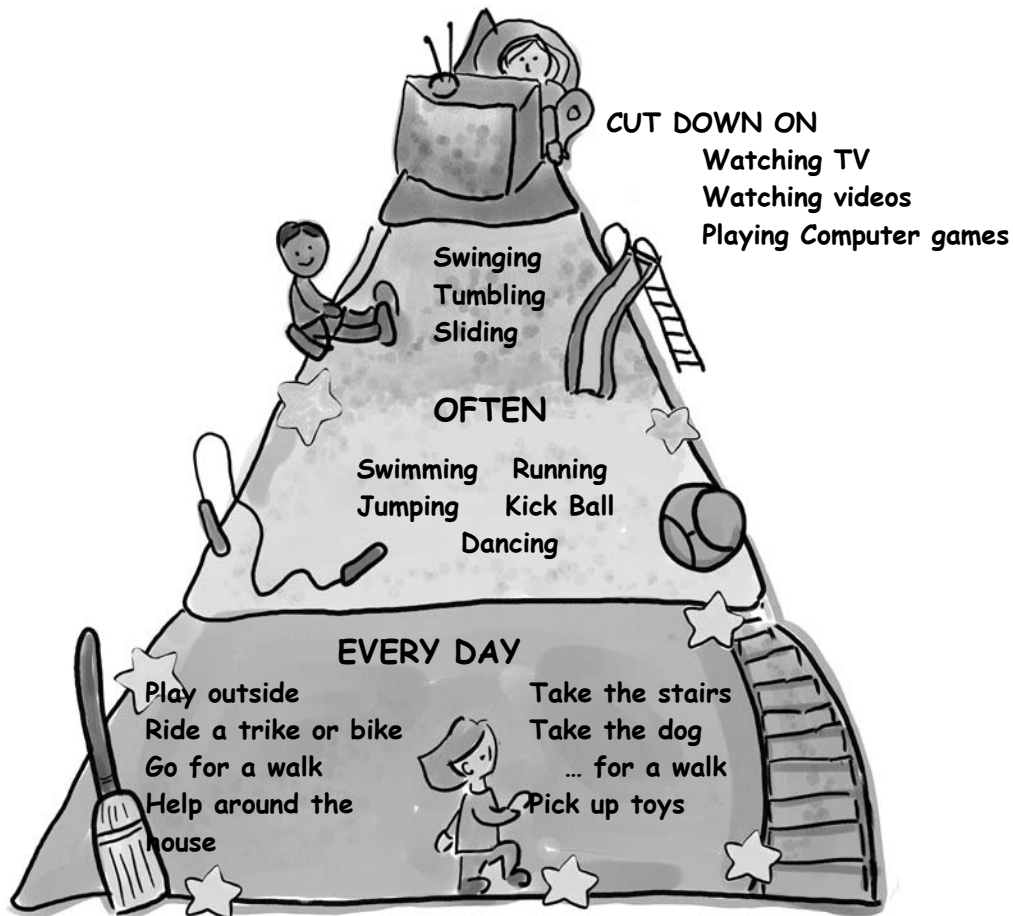


Activity Guide Pyramid



Get your child...and yourself...moving!

Do at least 30 minutes of physical activity 5 days a week. Follow the Activity Pyramid. The activities toward the bottom should be done everyday.

Limit the activities at the top of the Pyramid. There is a link between TV viewing and being overweight. Turn off the TV, the video games, and the computer. Move your body.