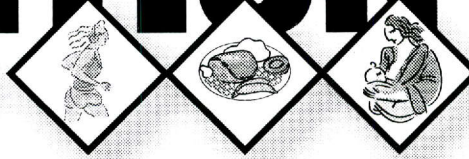


NUTRITION

On Your Own



Self-Paced Lesson

SP-000-17 7/2004

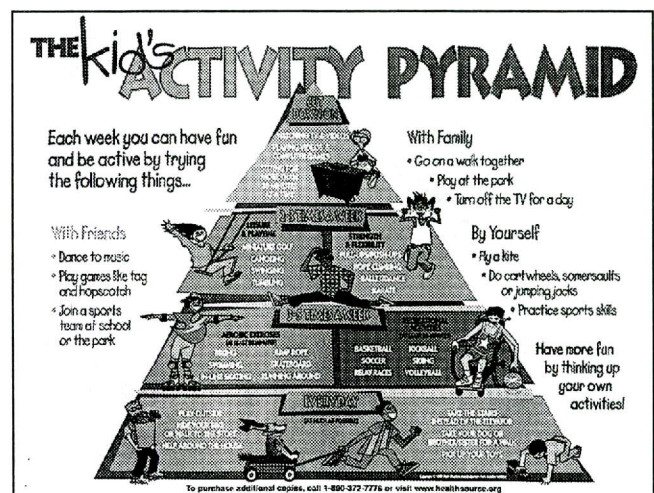
The Kid's Activity Pyramid

Staying healthy starts with eating healthy foods and being physically active — that is, getting a lot of exercise. Staying healthy is important for everyone in your family. This lesson has some tips on what to do to help each member of your family be healthy, active, and fit.

A copy of *The Kid's Activity Pyramid* comes with this lesson. The colorful side has ideas for healthy activities you and your family can do. When you turn the page, you will see a blank pyramid. Use that side to plan activities your family will enjoy.



1. Start by taking a look at the colorful side of *The Kid's Activity Pyramid*. The top of the pyramid shows things to do less often. Does your family spend long periods of time in front of the TV? At the computer? What could you do instead?
2. Turn over *The Kid's Activity Pyramid* handout. Write at the top of the blank pyramid two or three activities that your family can do less often.
3. The bottom of the pyramid on the colorful side has other ideas under "everyday." Read them over.

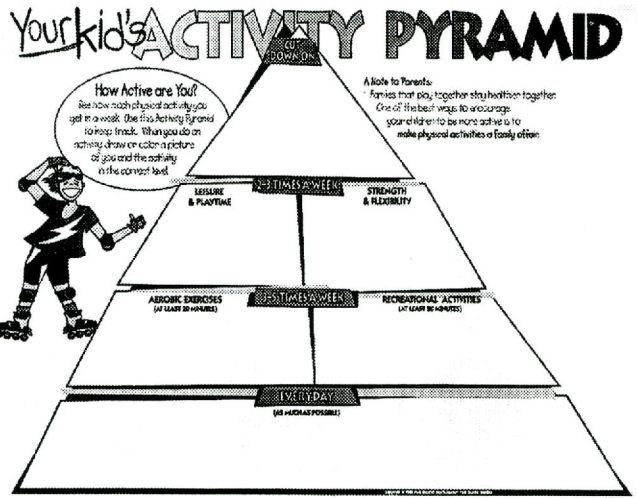


The colorful side of your handout shown in black and white.

It is easy to add activities to your day. You can:

- Park at the end of the parking lot and walk to your destination.
- Clean house.
- Work in the yard.
- Take the stairs.
- Take the baby for a walk.

4. Look at the blank side of the *Pyramid* handout. On the bottom row of the pyramid, write in two or three things that you can add into your day to help your family get more exercise.
5. The two center rows of the colorful pyramid show activities your family might do a few times a week. Take a look at them.



Blank side of your handout.

The aerobic activities are those that make your heart and body work hard. They will make you short of breath and make you start sweating.



6. Now think about your family. What fun things do they like to do?

Write them here: _____

7. What is the one activity that your family could do to start getting more active? Do you want to turn off the TV for an hour a week and go to the park? Start taking the stairs tomorrow? Write the first activity that you want to do here and put the date that you want to start.

I want to _____

Starting on _____

Now you are ready to get up and start moving!

Take this sheet and your copy of *The Kid's Activity Pyramid* home with you. Post them where you and your children will be reminded of all the great activities that you can have fun doing together.

