

The **NEW** Physical Activity Pyramid For Kids

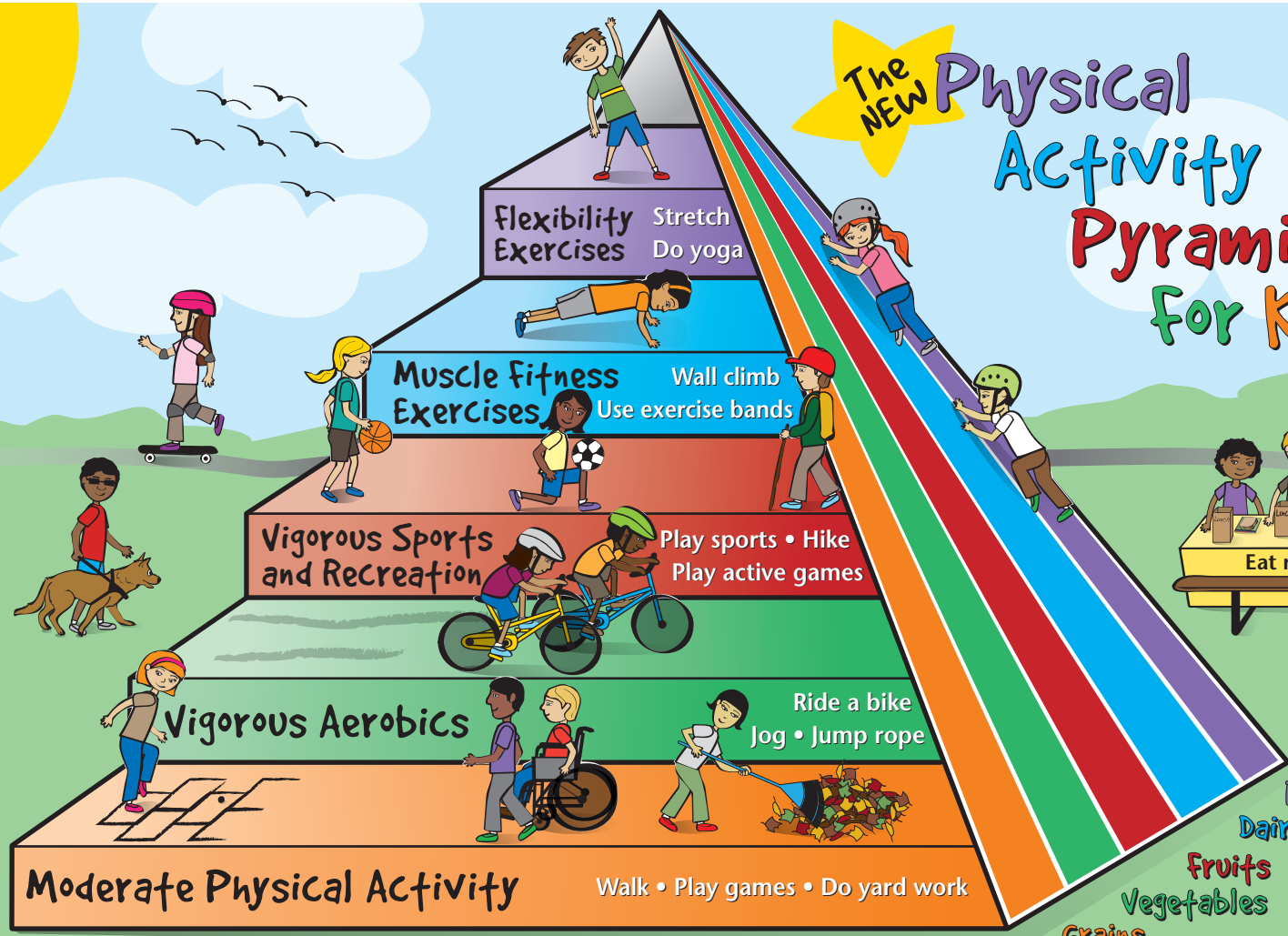
STEP 5
FIT
= 3+ days/wk
= Stretch overload
= 60+ min*

STEP 4
FIT
= 3+ days/wk
= Muscle overload
= 60+ min*

STEP 3
FIT
= 3+ days/wk
= Target heart rate zone
= 60+ min*

STEP 2
FIT
= 3+ days/wk
= Target heart rate zone
= 60+ min*

STEP 1
FIT
= 5+ days/wk
= Equal to brisk walk
= 60+ min*



*Minutes or steps in activities can be combined to reach daily goals.

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