

PHYSICAL ACTIVITY PYRAMID

**CUT
DOWN ON**
SITTING
TV & PC



2 TIMES A WEEK

**STRENGTH
ACTIVITIES**

ACROBATICS
LIFTING WEIGHTS

**FLEXIBILITY
ACTIVITIES**

STRETCHING
YOGA



3-5 TIMES A WEEK (AT LEAST 150MIN)

**CARDIO
ACTIVITIES**

RUNNING
SWIMMING
BIKING

**RECREATIONAL
ACTIVITIES**

FOOTBALL
HIKING
SKATING



EVERYDAY (AS MUCH AS POSSIBLE)

WALK, TAKE THE STAIRS,
PLAY WITH CHILDREN, WALK THE DOG,
WALK INSTEAD OF DRIVE/RIDE,
DO WORK AROUND THE HOUSE



The Activity Pyramid

RJ Alexander



The Activity Pyramid:

Adopting the Tune of Term: An Emotional Symphony within **The Activity Pyramid**

In some sort of taken by monitors and the ceaseless chatter of instant connection, the melodic elegance and mental symphony produced by the written word usually diminish in to the backdrop, eclipsed by the persistent sound and disturbances that permeate our lives. Nevertheless, nestled within the pages of **The Activity Pyramid** a stunning literary treasure filled with natural feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts visitors on a mental trip, well unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths with this moving evaluation, we will investigate the book is central harmonies, analyze its enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

<https://thebrandexperience.com/data/virtual-library/HomePages/The%20Film%20Criticism%20Of%20Otis%20Ferguson.pdf>

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