

# 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

**WJ Hussar**



## **The Activity Pyramid:**

## Adopting the Song of Expression: An Psychological Symphony within **The Activity Pyramid**

In a world eaten by displays and the ceaseless chatter of instant conversation, the melodic beauty and mental symphony developed by the published word often diminish into the background, eclipsed by the constant noise and interruptions that permeate our lives. Nevertheless, set within the pages of **The Activity Pyramid** a stunning fictional value filled with raw thoughts, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, this interesting masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden tunes and profound impact resonating within each carefully crafted phrase. Within the depths of the poignant assessment, we shall discover the book is main harmonies, analyze their enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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