about THE PHYSICAL ACTIVITY PYRAMID FOR CHILDREN

The Physical Activity Pyramid provides a way of describing the variety of physical activities that contribute to good health. Children are encouraged to learn and perform activities from each of the first three levels of the pyramid.

- **Level 1** of the pyramid includes lifestyle activities, or activities that can be done as part of daily living. Activities at this level include walking to school, riding a bike, raking leaves, cleaning house, and general outdoor play of all kinds. These types of activity are emphasized because people are more likely to do them throughout their lifetimes.

- As children grow older, they will be interested in activities at level 2, including aerobic sports and other aerobic activities.

- Activities in level 3 include flexibility and muscular fitness activities. Children should be introduced to the level 2 and level 3 activities gradually and at a rate consistent with their skills, age, and level of maturation.

Long periods of inactivity are inappropriate for children. For this reason it is important that children have several play periods in the form of recess or physical education each day and that they have opportunities to be active before and after school.

FITNESSGRAM was developed by The Cooper Institute and is endorsed by the American Alliance for Health, Physical Education, Recreation and Dance. For information, go to www.fitnessgram.net.

Based in Dallas, The Cooper Institute (www.cooperinst.org) is a nonprofit research and education center dedicated to advancing the understanding of the relationship between living habits and health and to providing leadership in implementing these concepts to enhance the physical and emotional well-being of the individual.

FITNESSGRAM is published by Human Kinetics. FITNESSGRAM is a registered trademark of The Cooper Institute, Dallas, Texas. Copyright 2005 The Cooper Institute