

The Fitness for Life

Physical Activity Pyramid for Teens



Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.

Guidelines are consistent with the International Consensus Conference on Physical Activity Guidelines for Adolescents, Sallis, et al. (1994). *Pediatric Exercise Science*, 6, 299-301. The Physical Activity Pyramid is adapted by permission from *Fitness for Life*, 5th Edition (2005), Charles B. Corbin and Ruth Lindsey, Human Kinetics, Champaign, IL.

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From *Fitness for life teacher resources and materials*, 5th ed, by Charles B. Corbin, Karen McConnell, and Darren Dale, 2005, Champaign, IL: Human Kinetics.

From *Physical Best activity guide: Middle and high school levels*, 2nd edition, by NASPE, 2005, Champaign, IL: Human Kinetics.