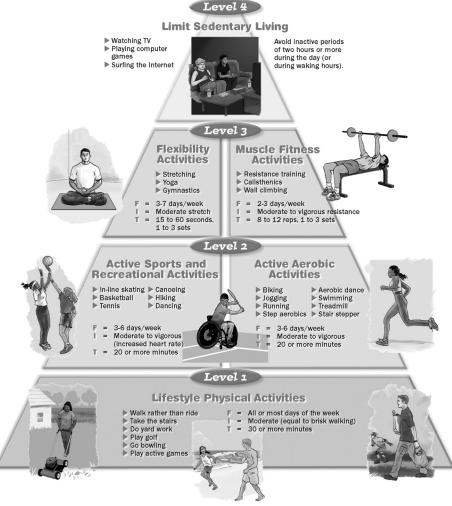
## The Fitness for Life

## 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 Editlon (2005), Charles B. Corbin and Ruth Lindsey, Human Kinetics, Champaign, IL.

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