Living Well with Diabetes

Physical activity pyramid

Each Week, try to increase your physical activity. You can use the pyramid as your guide!

Pyramid guidelines

- Enjoy activity with family, friends, or by yourself.
- Be creative; find a variety of ways to stay active.
- Make physical activity fun, easy, and a way of life.

Here are some examples

- Couch Potato Activity: Watching TV, talking on the phone, playing video games
- Leisure Activity: Golf, miniature golf, swinging, hula hoop, softball
- Strength & Flexibility: Dance, gymnastics, weights, yoga, tai chi, karate
- Aerobic Activity: Bicycling, swimming, roller blading, jumping rope, brisk walking
- Recreational Activity: Soccer, skiing, hiking, basketball, tennis, ice skating
- Be Active: Take the stairs, work in the garden, walk the dog, vacuum, mow the lawn, wash the car, hide the remote control.