

HAVE FUN

REWARD YOURSELF

BE
CREATIVE
IN FINDING
A VARIETY OF
WAYS TO STAY

ACTIVE!

1-2 TIMES PER WEEK

LEISURE

GOLF
BOWLING

STRENGTH TRAINING

WEIGHT TRAINING
PUSH-UPS

2-3 TIMES PER WEEK

AEROBICS (20 MINUTES)

BICYCLING
SWIMMING
BRISK WALKING

RECREATION

HIKING
DANCING
TENNIS

EVERY DAY

WALK LONGER ROUTES
TAKE STAIRS INSTEAD OF ELEVATOR
WALK TO STORE
TRY YOGA AND STRETCHING EXERCISES

GET UP AND MOVE AROUND
DO HOUSEWORK
WORK IN GARDEN
PARK CAR FAR AWAY FROM DOOR

ACTIVITY PYRAMID



The Chicago Partnership for Health Promotion is funded by the USDA Food Stamp Program to encourage Chicago families to make healthier food choices, learn to prepare and consume healthier foods every day and be more physically active. The University of Illinois at Chicago Neighborhoods Initiative is the Land Grant Administrative Hub for CPHP. The USDA, UIC and CPHP are equal opportunity providers and employers. For more information about partnership or CPHP programs in your community, contact CPHP at 312-355-3659. www.cphp.uic.edu