Exercise Pyramid

Exercise keeps your body and mind healthy and strong. It can also help you feel better, relax, and sleep well. There are many different ways to be active — you don’t have to play a sport or go to the gym to be physically active.

Check out the pyramid for ideas!

Cut Down On Sedentary (Couch Potato) Activities:
- Watching/playing TV, videos/DVDs, computer games, surfing the net, sitting for more than 30 minutes at a time

2-3 Times a Week (at least):
- Strength and Flexibility
  - Pull-ups/push-ups/sit-ups, yoga, ballet/dance, karate, tae bo, pilates, weight lifting

3-5 Times a Week (at least):
- Aerobic
  - (at least 20 minutes)
  - Biking, swimming, jump rope, skating, jogging, hiking, aerobics, exercise videos
- Recreation Activities
  - (at least 20 minutes)
  - Basketball, soccer, skiing, volleyball, capoeira, skating, dancing, tennis

Every Day (as much as possible):
- Take the stairs instead of the elevator, ride your bike or walk to school/the store/a friend’s house
- Throw a frisbee, walk your or your neighbor’s dog, play basketball/softball, help clean up and/or garden at home or in your community

Ways to Increase Your Physical Activity
- Add an activity. Find a new activity that you enjoy.
- Replace inactive time with active time. For example, take a walk instead of watching TV.
- Do more of what you are already doing. For example, walk for 30 minutes instead of 20.
- Work a little harder. Turn your walks into power walks or jogs. Walk up and down the stairs instead of riding the elevators and escalators.

Exercising with Asthma
- Talk to your medical provider to figure out what exercises and medications are best for you.
- Always have your inhaler nearby when you are exercising.
- Do not begin exercising when you have asthma symptoms. Always stop if you feel bothered by your asthma.
- Use extra caution when you have a cough, cold, or allergy symptoms.
- Take extra time to warm up and cool down.
- Cover your mouth and nose with a scarf when exercising in cold weather. Breathing cold air can make asthma worse.
- Exercise for short amounts of time and more often. Non-stop activities are more likely to affect asthma.
- Take a warm bath or shower after exercising. This may help post-exercise attacks.

HAVE FUN!
Aim for 30-60 minutes a day!