

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!

HAVE FUN!

Aim for 30-60 minutes a day!



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, taekwondo, 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.