



# Physical Activity Pyramid

All activity counts—start with just 5 minutes! Pull out short segments from each of the bottom three levels whenever you can. You'll be surprised how quickly it all adds up.

## How much activity do I need?

At least 150 minutes per week of moderate-intensity aerobic activity (that's only about 20 minutes a day!) and at least two days a week of muscle strengthening activity.<sup>1</sup>

