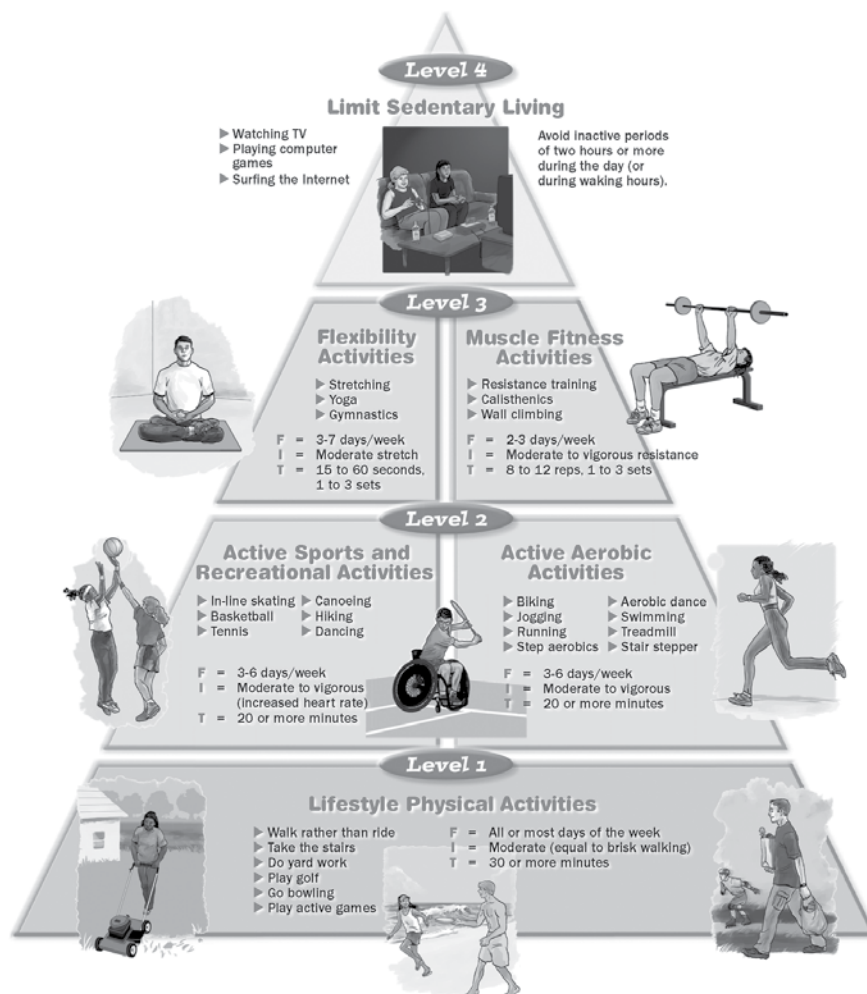


The Fitness for Life

Physical Activity Pyramid for Teens



Accumulate moderate activity from the pyramid on all or most days of the week, and vigorous activity at least three days a week.

Eating well helps you stay active and fit.

Guidelines are consistent with the International Consensus Conference on Physical Activity Guidelines for Adolescents, Sallis, et al. (1994), *Pediatric Exercise Science*, 6, 299-301. The Physical Activity Pyramid is adapted by permission from *Fitness for Life*, 5th Edition (2005), Charles B. Corbin and Ruth Lindsey, Human Kinetics, Champaign, IL.

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Activity 8.1 Physical Activity Pyramid for Teens

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics). Adapted, by permission from C.B. Corbin, K. McConnell, and D. Dale, 2005, *Fitness for life teacher resources and materials*, 5th ed. (Champaign, IL: Human Kinetics).