

THE FILIPINO PYRAMID ACTIVITY GUIDE

Keep **HEALTHY** by keeping **ACTIVE**

RECOMMENDATION FOR TOTAL HEALTH

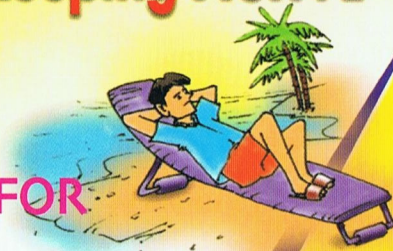
Enjoy Leisure & Recreational Activities, Aerobic, Strength and Flexibility Activities as often as you can

DO DAY TO DAY ACTIVITIES HABITUALLY AND REGULARLY FOR METABOLIC EFFICIENCY

10 minutes at a time for

30 minutes a day at least

5 days a week



- Sit; lie around
- Be a couch potato
- Watch TV
- Play cards / Mahjong
- Sit and do needle work
- Indulge in computer games and surfing

(0.03Kcal/min/Kg BW)

MINIMALLY
(a few times a month)



LEISURE ACTIVITIES

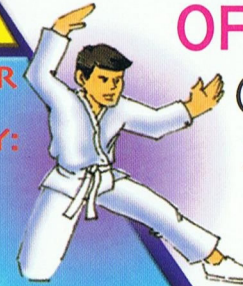
- Go Mall-strolling
- Play Golf
- Go Bowling

(0.04-0.09 Kcal/min/Kg BW)

EXERCISE FOR STRENGTH & FLEXIBILITY:

- Stretching
- Yoga
- Tai Chi
- Resistance Training

(0.04-0.12 Kcal/min/Kg BW)



OFTEN
(2-3 times a week at least 30-45 minutes or longer)



AEROBIC EXERCISE:

- Brisk Walking
- Running/Jogging
- Bicycling
- Aerobic Dancing
- Swimming
- Aero - Kick Boxing

(0.08-0.23 Kcal/min/Kg BW)

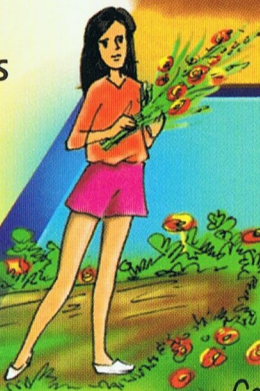
RECREATIONAL ACTIVITIES:

- Ballroom Dancing
- Badminton, Basketball, Softball
- Skating / Roller Blading
- Tennis
- Piko, Sipa, Patintero

(0.05-0.14 Kcal/min/Kg BW)



REGULARLY
(3-5 times a week: at least 30-45 minutes or longer)



DAY - TO - DAY ACTIVITIES:

- Taking the stairs instead of the elevator
- Taking longer routes
- Walking to the store, church, banks or mailbox
- Parking your car farther away
- Adding extra steps to your daily routes
- Taking stretch breaks at home or work
- Doing household chores
- Running errands
- Grocery Shopping

(0.04-0.10 Kcal/min/Kg BW)

HABITUALLY
(as often as possible)