# 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:

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

Watching/playing TV, videos/DVDs, computer games, surving 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.

