# MWOC Movement Pyramid

## Inactivity
Limit



- sitting

## Strength and Balance
At least 2 times each week



- Strength training
- Flexibility exercises

## Aerobic Activity
At least 150–300 minutes
of moderate intensity each week
or 75–150 minutes
of vigorous intensity

- Brisk walking
- Cycling
- Swimming



## Lifestyle
Every day

- Walking
- Stairs
- Housework
- Gardening

