

# EAT SMART MOVE MORE

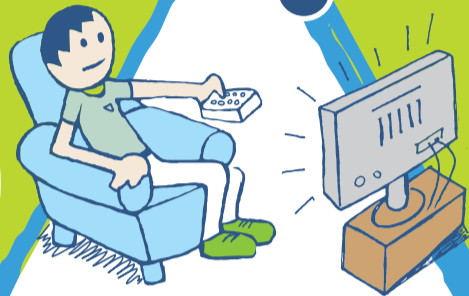
Use the Activity Pyramid to help you to choose the right activities for you!



ALL CHILDREN AND YOUNG PEOPLE SHOULD BE ACTIVE AT A MODERATE TO VIGOROUS LEVEL

## Cut down on sedentary activities

Limit screen time to a total of 1 hour per day



## Strength and flexibility, bone strengthening

At least 3 times a week



## Physical activity

At least 60 minutes every day



Be more active  
Every day

