

Physical Activity PYRAMID

Teaming Up
with

It tells you: Physical activity
is an essential part of every day.

Good Nutrition



Regardless of your fitness level, there is a physical activity just right for you. The most exciting part of your day can be participating in a physical activity. Use the pyramid choices to help you get started.

Dissmores Food Court—<http://www.mydissmores.com/kids/pyramid>

WORK
Well NC