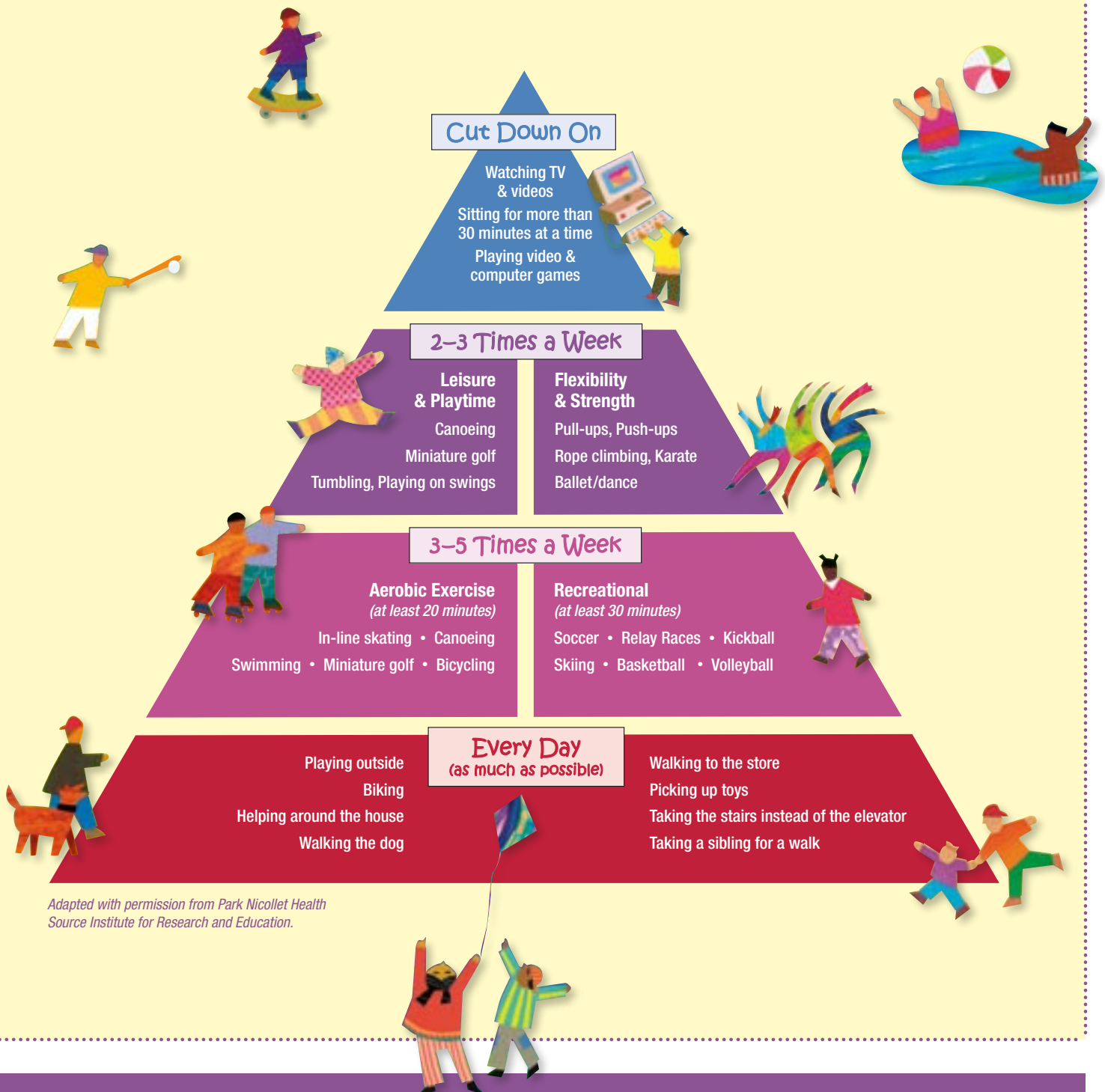


## Kids Activity Pyramid

Kids should start at the bottom with activities they can do every day. Add activities they like to do from each of the other categories, and by the end of the week, their activity level will have increased!



Adapted with permission from Park Nicollet Health Source Institute for Research and Education.

Be sure kids wear helmets and appropriate safety gear when biking, skating or participating in sports.