

ACTIVITY PYRAMID

There are so many different ways you can be active every day. Use the activity pyramid just like the food pyramid to see what type of activities you should be doing most often and the ones you should try to limit. You can also create your own with all of your favourite activities at sydneyswans.com.au/vswansfit!



HOW MUCH IS ENOUGH?

For kids aged five to 12, at least 60 minutes of activity per day is recommended. **How do you notch up your 60 minutes?**