

Pre-Schoolers' LIFESTYLE PYRAMID

Help your preschooler have fun
and be active each week!

**CUT
DOWN ON**

Involve children in some of these activities...

PENNSTATE



College of
Agricultural Sciences
Cooperative Extension

**WITH YOUR CHILD,
YOU CAN:**

- Go bicycling
- Take a walk
- Play at a park

**WITH FRIENDS,
CHILDREN CAN:**

- Play games like
dodge ball or tag
- Dance to
favorite music
- Play a team sport at
school or at a park

**ALONE,
CHILDREN CAN:**

- Jump rope
- Fly a kite
- Do cartwheels
- Shoot baskets

Watching TV
Playing video and
computer games
Sitting for more than
30 minutes at a time

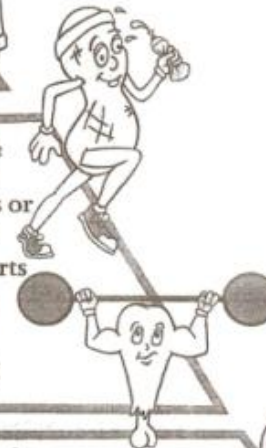


2-3 TIMES A WEEK

**Leisure &
Playtime**
Swinging
Canoeing
Tumbling
Miniature
golf



**Strength &
Flexibility**
Push-ups or
pull-ups
Martial arts
Dancing
Rope
climbing



3-5 TIMES A WEEK

Aerobic (at least 20 minutes)
Rollerblading
Bicycling
Skateboarding
Rope jumping
Swimming
Running



Recreational (at least 20 minutes)
Volleyball
Basketball
Soccer
Skiing
Kickball
Relay races



EVERY DAY

(as often as possible)

- Play outside
- Take the stairs instead of the elevator
- Help around the house or yard
- Bathe your pet
- Pick up your toys
- Walk to the store
- Go for a walk

