

This page was adapted from the government's website on the latest food pyramid.
http://www.mypyramid.gov/pyramid/physical_activity.html#

What is physical activity?

Physical activity simply means movement of the body that uses energy. A few good examples of being active would be:

- Walking
- Gardening
- Briskly pushing a baby stroller
- Climbing the stairs
- Playing soccer
- Dancing

For health benefits, physical activity should be **moderate** or **vigorous** and add up to at least **30 minutes a day for adults**. Kids should be active for 60 minutes a day.

Moderate physical activities include:

- Walking briskly (about 3 ½ miles per hour)
- Hiking
- Gardening/yard work
- Dancing
- Golf (walking and carrying clubs)
- Bicycling (less than 10 miles per hour)
- Weight training (general light workout)

Vigorous physical activities include:

- Running/jogging (5 miles per hour)
- Bicycling (more than 10 miles per hour)
- Swimming (freestyle laps)
- Aerobics
- Walking very fast (4 ½ miles per hour)
- Heavy yard work, such as chopping wood
- Weight lifting (vigorous effort)
- Basketball (competitive)

Some physical activities are not intense enough to help you meet the recommendations. Activities that do not increase your heart rate should not count these towards the 30 or more minutes a day that you should strive for. For example walking at a casual pace, such as while grocery shopping, and doing light household chores are not rigorous enough to count. However, any activity is better than none.

NOTE: Activity that raises your heart rate for **at least 10 minutes** at a time can count toward your 30 minutes.

For in depth information on food products including fruits and vegetables go to the government database and search for that product. It is a large database but does not contain every food item. You may have to use your own judgment to guesstimate nutritional information for a specific item.

<http://www.nal.usda.gov/fnic/foodcomp/search/>