

FILIPINO FOOD PYRAMID

THE FILIPINO PYRAMID ACTIVITY GUIDE

Keep HEALTHY by keeping ACTIVE

RECOMMENDATION FOR TOTAL HEALTH
Enjoy Leisure & Recreational Activities, Aerobic, Strength and Flexibility Activities as often as you can
DO DAY TO DAY ACTIVITIES HABITUALLY AND REGULARLY FOR METABOLIC EFFICIENCY

10 minutes at a time for 30 minutes a day at least 5 days a week

MINIMALLY
(a few times a month)

- Sit, lie around
- Be a couch potato
- Watch TV
- Play cards / Mahjong
- Sit and do needle work
- Indulge in computer games and surfing
- (0.63Kcal/min/Kg BW)

OFTEN
(2-3 times a week at least 30-45 minutes or longer)

LEISURE ACTIVITIES:

- Go Golfing
- Play Mini-golf
- Go Bowling
- (0.94-0.99 Kcal/min/Kg BW)

EXERCISE FOR STRENGTH & FLEXIBILITY:

- Stretching
- Yoga
- Tai Chi
- Breaststroke Training
- (0.64-0.12 Kcal/min/Kg BW)

REGULARLY
(3-5 times a week: at least 30-45 minutes or longer)

AEROBIC EXERCISES:

- Brisk Walking
- Running/Jogging
- Bicycling
- Aerobic Dancing
- Swimming
- Aqua - Rock Boating
- (0.88-0.23 Kcal/min/Kg BW)

RECREATIONAL ACTIVITIES:

- Ballroom Dancing
- Sedimenton, Basketball, Softball
- Golfing / Roller Skating
- Tennis
- Fishing, Salsa, Patineta
- (0.85-0.14 Kcal/min/Kg BW)

HABITUALLY
(as often as possible)

DAY-TO-DAY ACTIVITIES:

- Taking the stairs instead of the elevator
- Taking longer routes
- Walking to the store, church, bank or mailbox
- Parking your car farther away
- (0.04-0.10 Kcal/min/Kg BW)

Additional Day-to-Day Activities:

- Adding extra steps to your daily routes
- Taking stretch breaks at home or work
- Drying household clothes
- Burning errands
- Grocery Shopping

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HABITUALLY
(as often as possible)

Fish, Poultry, Dry Beans.

Export

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