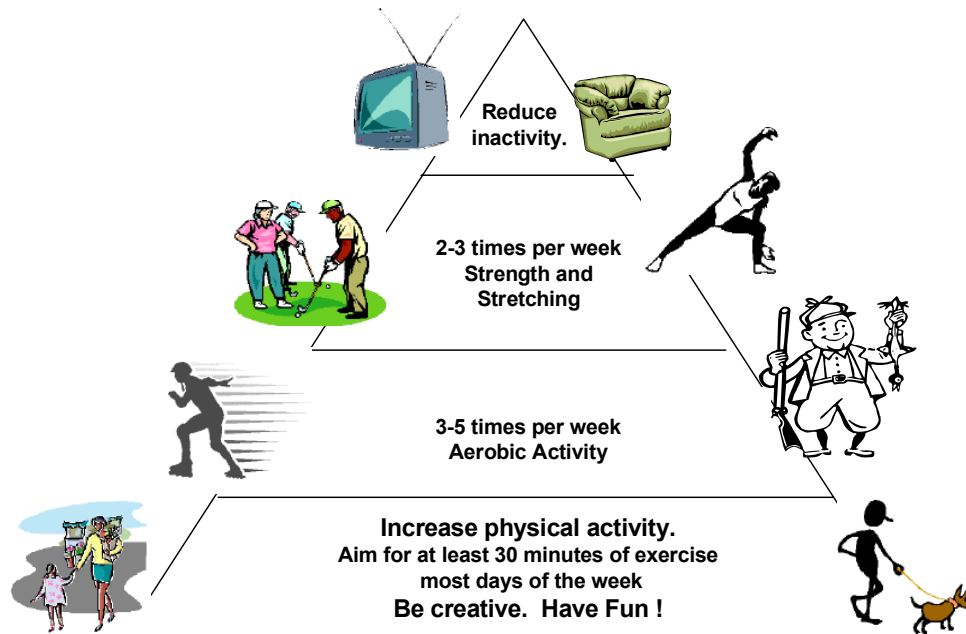


Exercise Pyramid



- If overweight, set a reasonable weight loss goal of 1-2 pounds a week.
- Aim for long-term goal of reduction of total body weight by 5 to 7 percent.
- Check with health care provider before starting any weight loss plan or program.

Choose activities you enjoy!

2-3 times a week

3-5 times a week

30 minutes a day