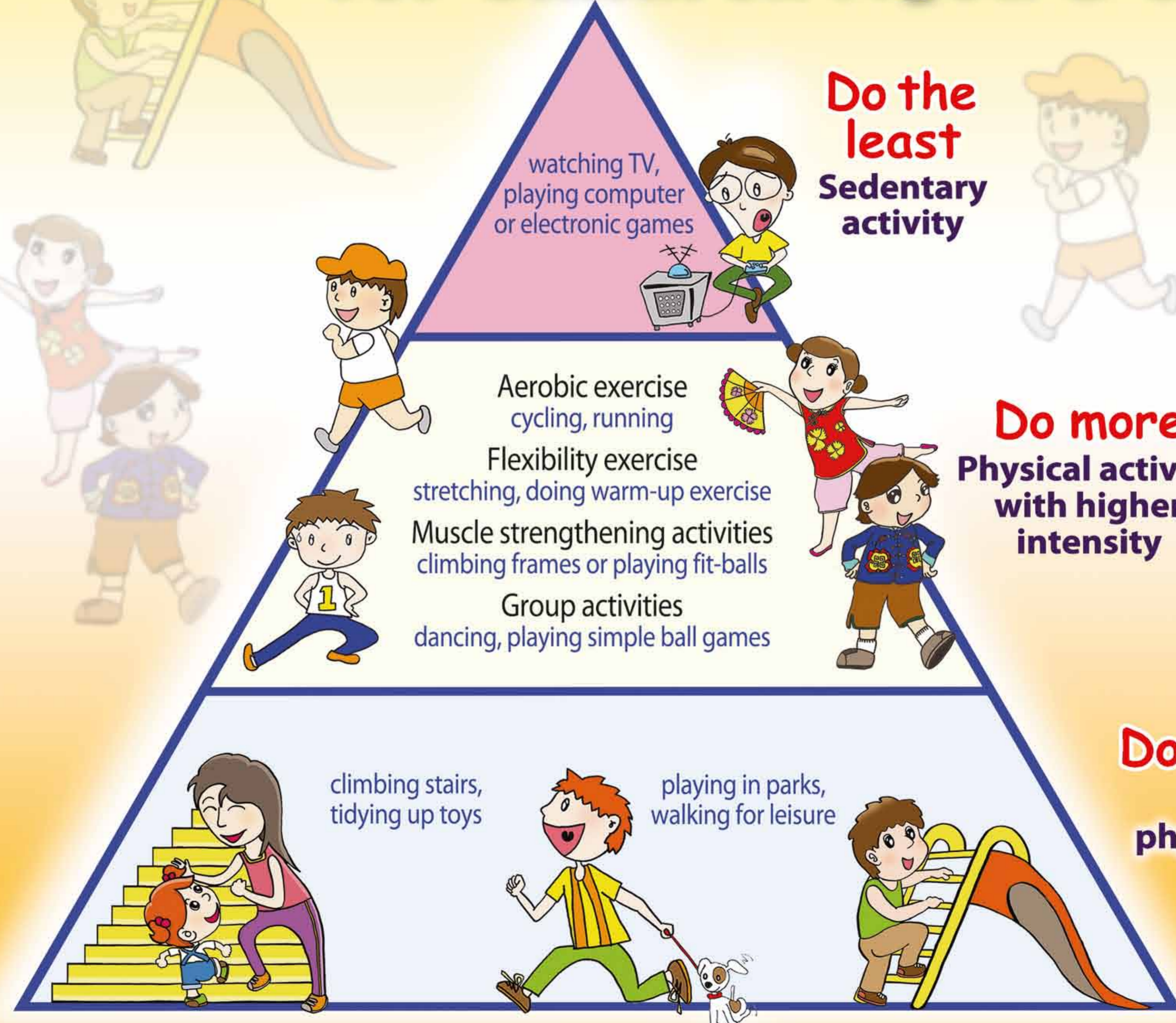


Physical Activity Pyramid for Children Aged 2-6

Accumulate no more than 2 hours each day

Accumulate at least 3 hours each day



Do the least Sedentary activity

Do more Physical activity with higher intensity

Do the most Everyday physical activity

