Anticancer Fitness Pyramid

Limited
TV
Sitting
Computer

At least
2x/week

Neuromotor
Yoga - Tai Chi - Qigong

2 to 3x/week

Strength
2-4 sets
8-12 reps of
varied exercises
with weights

Flexibility
Stretch for
20 secs
Repeat each
stretch 3x

Cardio (at least 150 mins/week)

Moderate
Intensity = 5x 30 to 60 mins

Vigorous
Intensity = 3x 20 to 60 mins

Activities of Daily Living (as much as possible)

Do housework
Use the stairs
Walk the dog
Park farther away
Stand during phone calls
Walk versus drive or ride bus
Take one or two breaks hourly from desk