



Fitness for Life Physical Activity Pyramid for Children Poster

Charles Corbin

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The *Fitness for Life Physical Activity Pyramid for Children Poster* is a bright, colorful, and informative reminder to children and young adults of the need for an appropriate mix of various types of physical activity. Developed by Chuck Corbin, the creator of the tremendously successful Fitness for Life program, this poster is an excellent tool for teaching key concepts of physical activity and fitness. The posters reinforce information presented in the Fitness for Life, Physical Best, and Fitnessgram programs.

Put the *Fitness for Life Physical Activity for Children Poster* on the wall of your elementary school gym, multipurpose room, cafeteria, hallway, or weight room to give your students an overview of a healthy, active lifestyle. With this poster, kids will learn suggested frequency, intensity, and time information for each type of physical activity.

This poster is 2' wide by 3' high, and is laminated for durability.

This item is one of many supplemental teaching materials available for use with the Fitness for Life program. Contact your K-12 sales representative for more information and regarding bulk purchases.

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