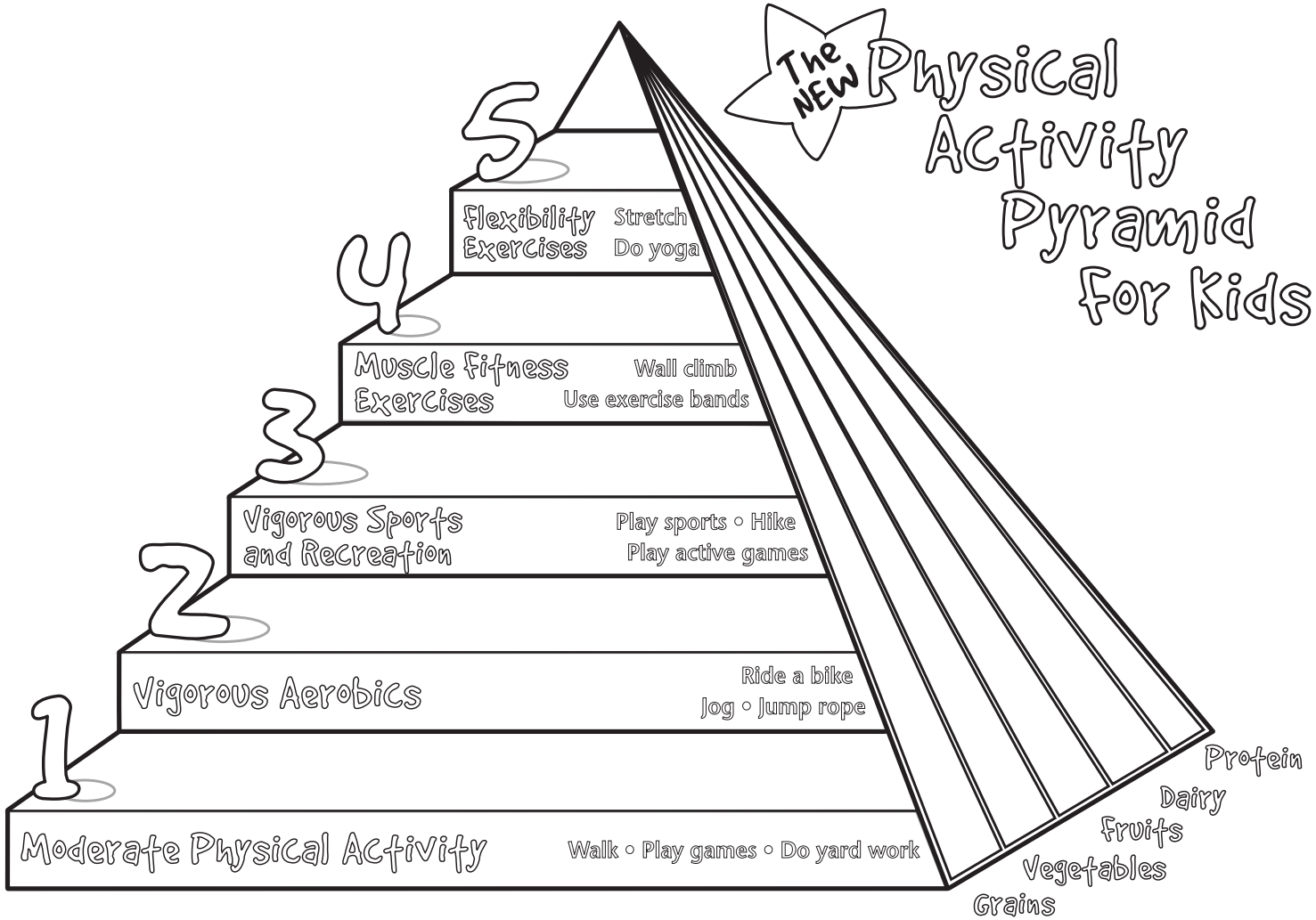
FITNESS FOR LIFE Elementary School

The NEW Physical Activity Pyramid for Kids



From **Fitness for Life: Elementary School** by Charles B. Corbin, Guy C. Le Masurier, Dolly D. Lambdin, and Meg Greiner, 2010 (Champaign, IL: Human Kinetics).