

DINE 30

Aktivitetspyramide



DINE 30

Allsidig aktivitet



DINE 30

Lett aktivitet



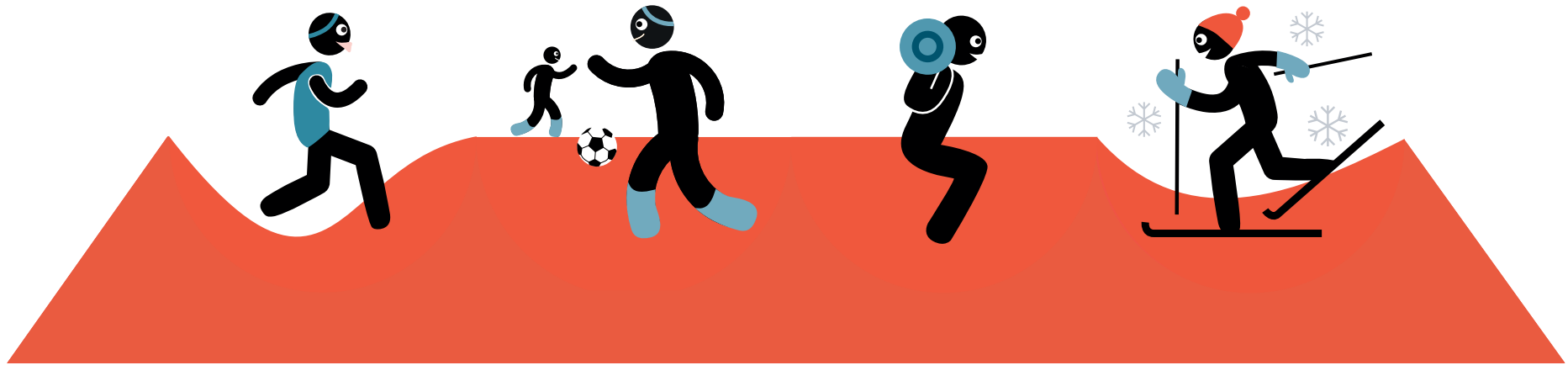
DINE 30

Moderat aktivitet



DINE 30

Anstrengende aktivitet



DINE 30

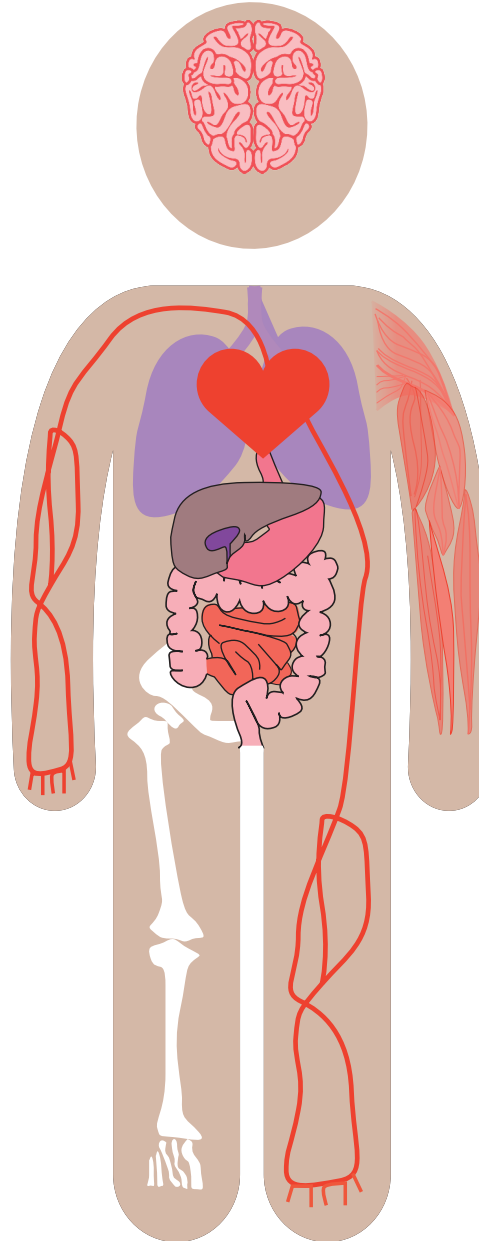
Stillesittende aktivitet



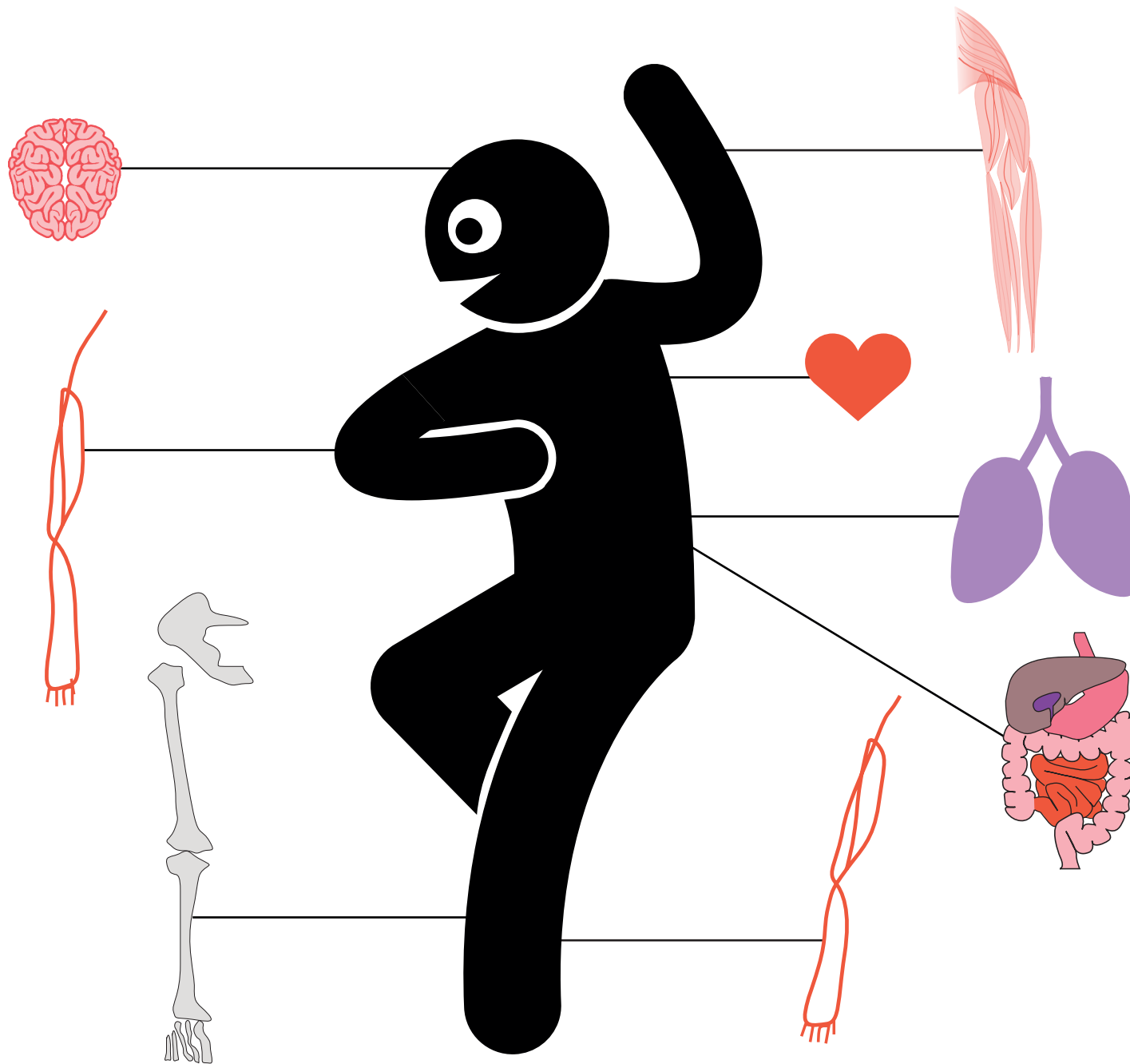
GEVINSTER



GEVINSTER



GEVINSTER



STILLESITTING



HVERDAGSAKTIVITET



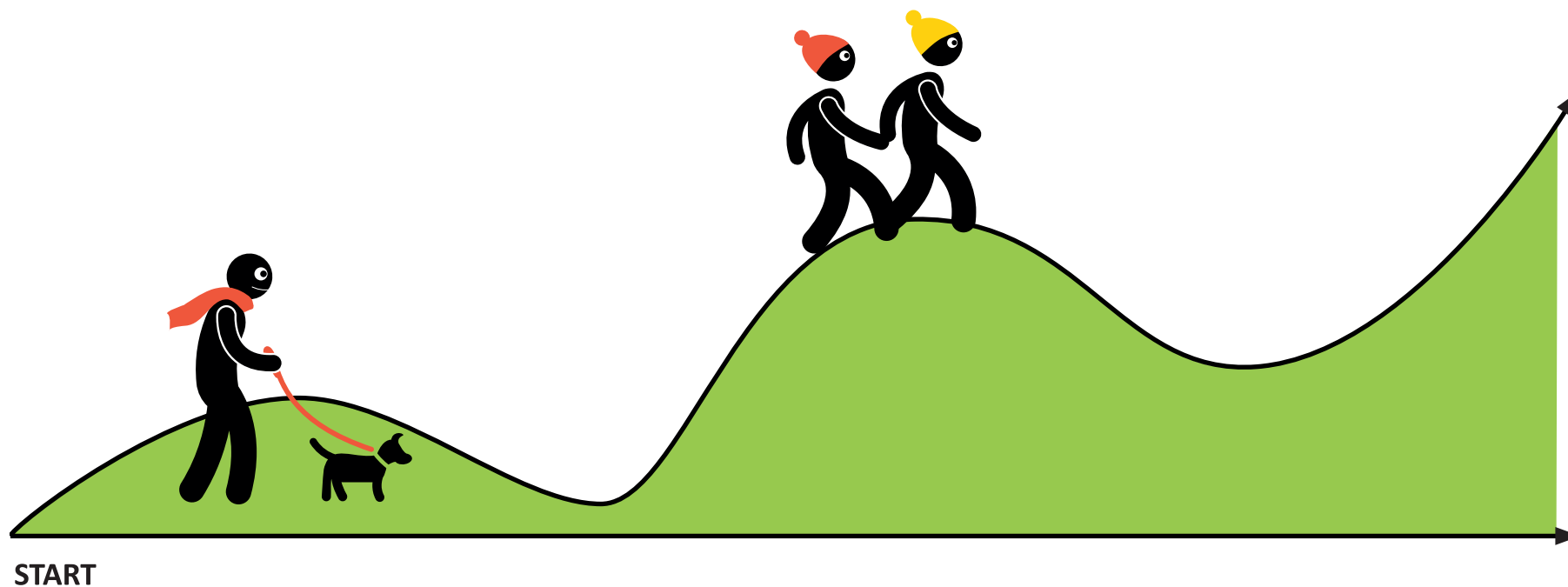
MINE AKTIVITETER



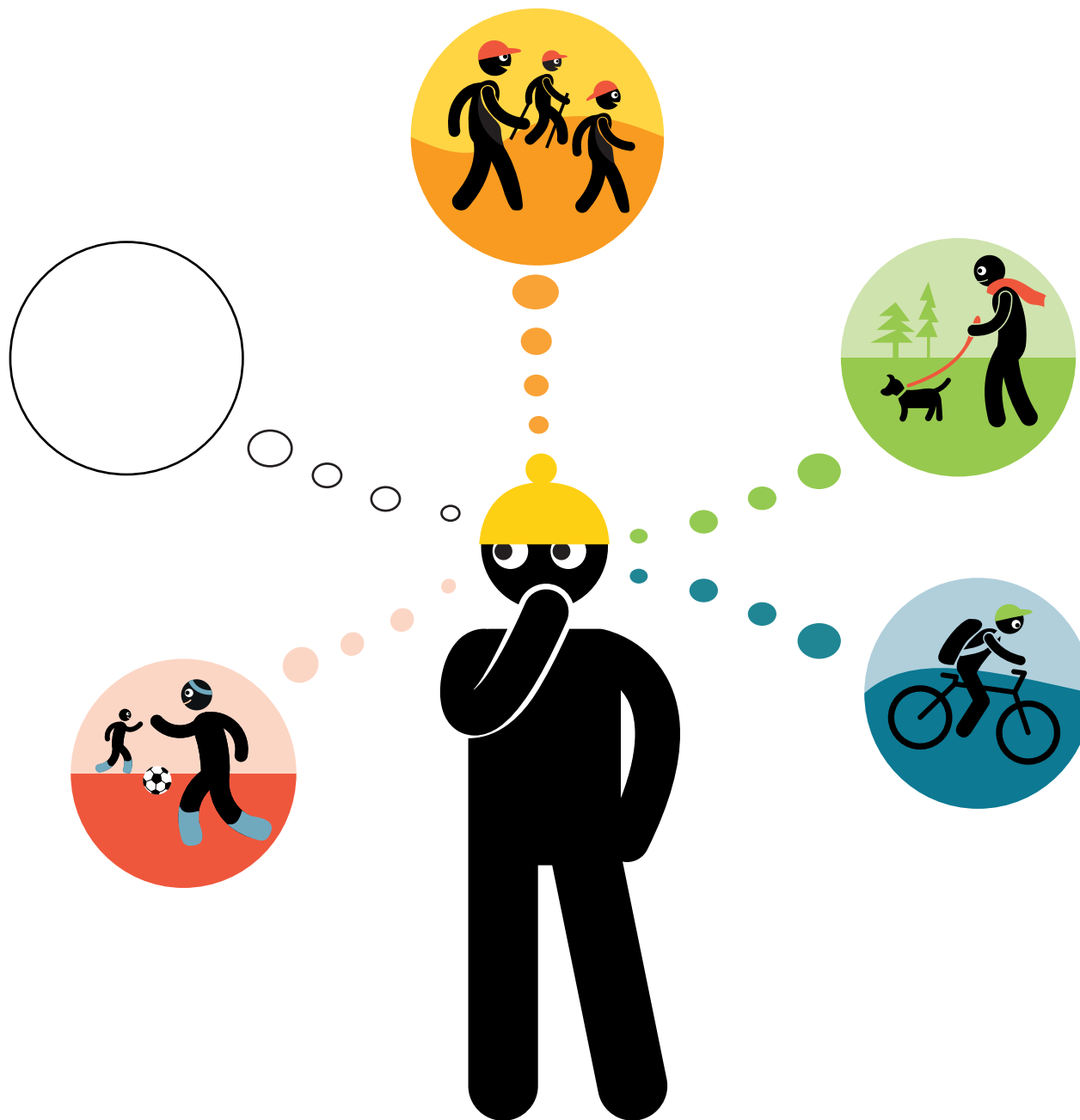
KOM I GANG



FORTSETT



FORTSETT



AKTIV SAMMEN



FYSISK FORM



Kondisjon



Bevegelighet



Styrke



Koordinasjon



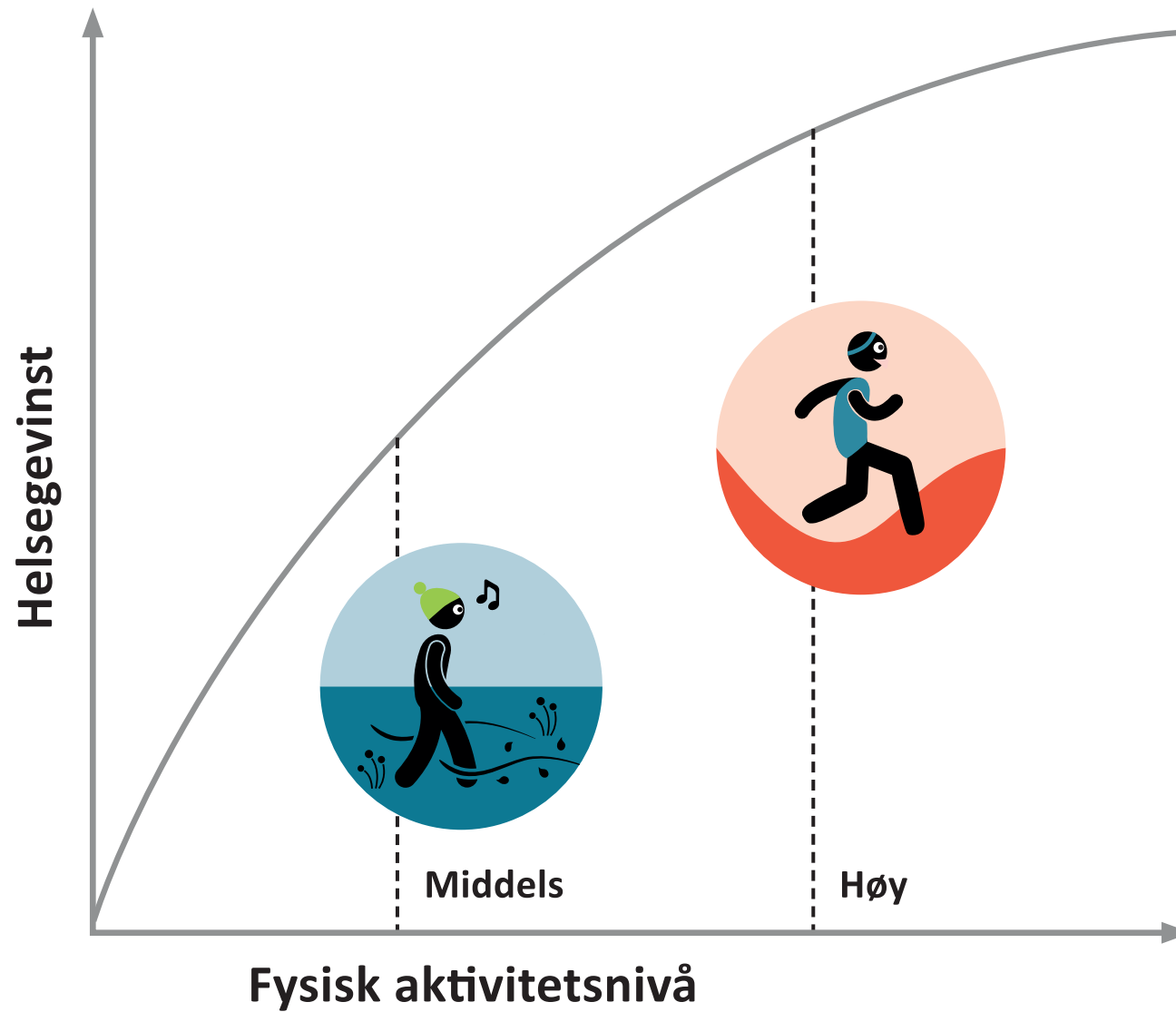
Avspenning



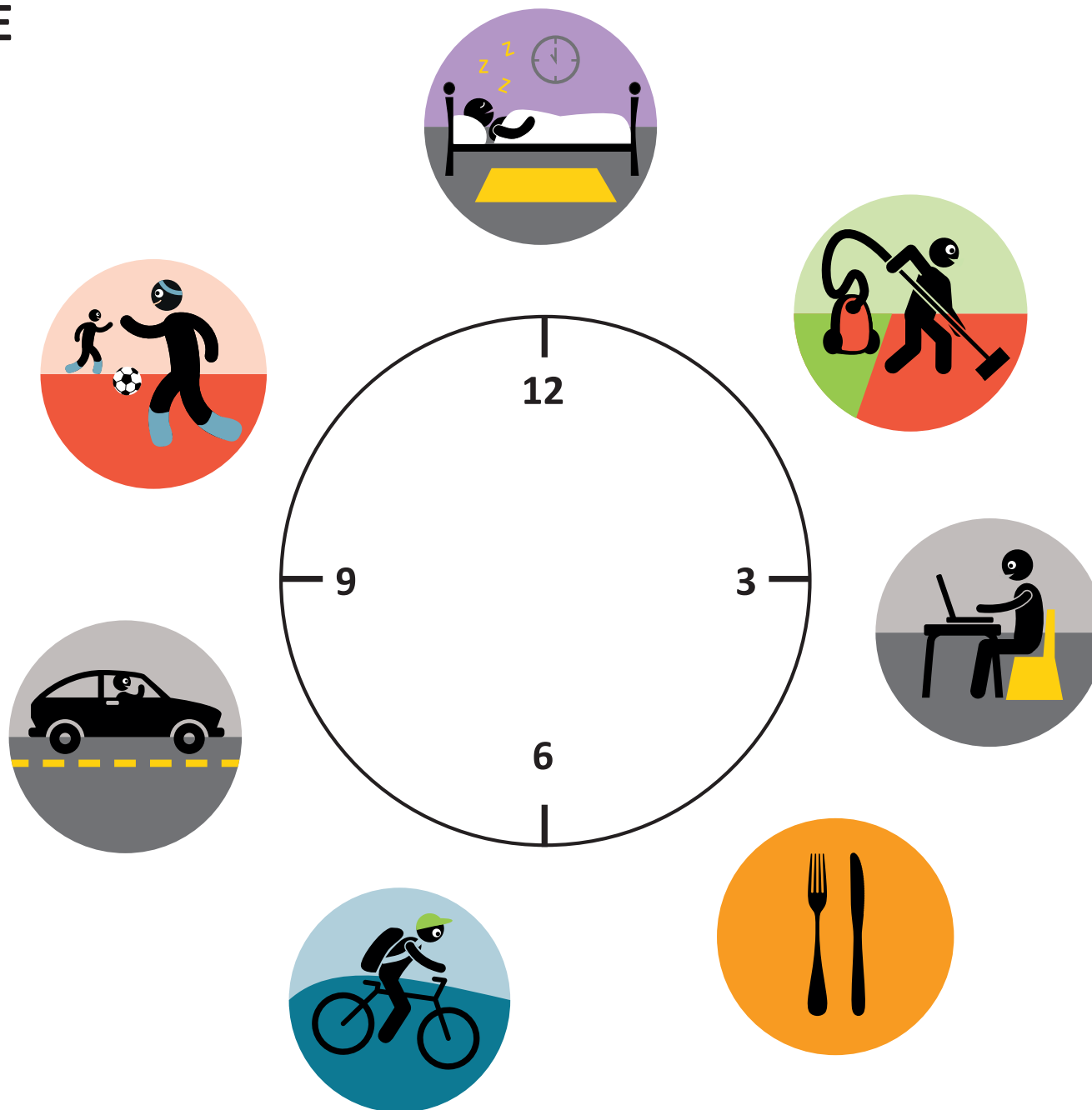
Balanse

FYSISK FORM

Dose – respons



DØGNRYTME



AKTIV UTE



AKTIV UTE



AKTIV TIL TROSS FOR

