

ACTIVITY GUIDE

Trying to fit in more steps, but don't just want to go for a walk? Try some of these activities to mix it up!

ACTIVITY			
Aerobic dancing class	Drill team	Jumping rope	Sledding
Aerobic fitness class	Elliptical trainer	Kickball	Snowboarding
Aerobics, low impact	Fencing	Kickboxing	Snowshoeing
Aerobics, step	Firewood-carrying/chopping	Lacrosse	Soccer
Backpacking	Football	Miniature golf	Softball
Badminton	Frisbee	Mopping	Squash
Ballet dancing	Gardening	Mowing lawn	Stair climbing
Baseball	Golf, carrying clubs	Painting (a room)	Stretching
Basketball	Grocery shopping	Pilates	Tae Bo
Bowling	Gymnastics	Raking lawn/leaves	Tae Kwon Do
Boxing	Handball	Racquetball, casual	Tai Chi
Calisthenics	Hiking	Rock climbing	Tennis
Cheerleading	Hockey, field and ice	Rollerblading	Trampoline
Children's playground game	Home/auto repair	Rugby	Vacuuming
Circuit training	Housework	Running	Volleyball
Climbing, rock/mountain	Ice skating	Shopping	Washing a car
Cooking	In-line skating	Shoveling snow	Waxing a car
Croquet	Jogging	Skateboarding	Yard work
Dancing	Judo & Karate	Skiing	Yoga

