

CHOOSE
FIT

PHYSICAL ACTIVITY IDEAS

- 4-SQUARE
- AEROBIC DANCING
- AQUATIC AEROBICS
- ARCHERY (NON-HUNTING)
- BACKPACKING
- BADMINTON
- BALLET
- BALLROOM DANCING
- BASKETBALL
- BEACH VOLLEYBALL (ON SAND)
- BICYCLING
- BOXING
- CALISTHENICS
- CANOEING
- CIRCUIT WEIGHT TRAINING
- COACHING CHILDREN'S SPORTS
- CRICKET
- CROSS-COUNTRY SKIING
- CURLING
- DIGGING
- DIVING
- DODGE BALL
- DOWNHILL SKIING
- FENCING
- HOCKEY
- FISHING
- FOLK DANCING
- FOOTBALL
- FRISBEE
- GARDENING AND YARD WORK
- GOLF
- GYMNASTICS
- HANDBALL
- HIKING
- HUNTING DEER
- HOEING
- HOPSCOTCH
- HORSEBACK RIDING
- BOW/CROSSBOW HUNTING
- IN-LINE SKATING
- JUMPING ROPE
- JOGGING
- JUDO
- JUGGLING
- JUJITSU
- KARATE
- KAYAKING
- KICKBALL
- LACROSSE
- LINE DANCING
- MARCHING BAND
- MODERN DANCING, DISCO
- MOUNTAIN CLIMBING
- PADDLE BOATING
- PLAYING ON SCHOOL PLAYGROUND EQUIPMENT
- RACE-WALKING
- RACQUETBALL
- RAFTING
- REPELLING
- ROCK CLIMBING
- ROLLER SKATING
- ROWING MACHINE
- RUGBY
- RUNNING
- SCUBA DIVING
- SKATEBOARDING
- SLEDDING
- SNORKELING
- SNOWMOBILING
- SOCCER
- SOFTBALL
- SQUARE DANCING
- SQUASH
- STAIR CLIMBER MACHINE
- STATIONARY BICYCLING—
MODERATE EFFORT
- STEP AEROBICS
- SURFING
- ICE HOCKEY
- ICE SAILING
- ICE SKATING
- SWIMMING
- TABLE TENNIS
- TAE KWON DO
- T-BALL
- TENNIS SINGLES
- TETHERBALL
- TOBOGGANING
- TRAMPOLINE
- VOLLEYBALL-HARD COURT
- SAILING
- WALKING
- WALKING A DOG
- WATER JOGGING
- WATER POLO
- WATERSKIING
- WEIGHT TRAINING WITH FREE WEIGHTS
- WHEELCHAIR BASKETBALL
- WHEELING A WHEELCHAIR
- WHITE WATER RAFTING
- YOGA