

## **30 Ways To Get Active**

### **Everyday Activities**

1. Walk or play with your dog!
2. Work on the yard - Rake the lawn / Pluck the weeds / Mow the lawn
3. Go to the mailbox - take the long way!
4. Wash the car
5. Chore time ... fold laundry / dusting / ironing / vacuuming / mop the floors
6. Take the stairs
7. Get cooking! (Bake some bread, knead that dough by hand)

### **Family/Friend Fun**

8. Have a family dance party in your living room
9. Organize a family football match
10. Run through the sprinklers
11. Do some hula hooping
12. Play catch/kick with the kids
13. Jump on the trampoline in your back yard
14. Rent a bouncy castle!
15. Play frisbee
16. Play road hockey with the family
17. Explore your neighborhood and go for a light stroll/jog/run

### **Higher Intensity Workouts**

18. Go for a hike (choose your intensity!)
19. Lift some light weights
20. Jump Rope
21. Tai Chi - Meditation in Motion
22. At home Yoga / Pilates
23. Go for a bike ride
24. Beach Volleyball!
25. Basketball
26. Rock Climbing
27. Tennis
28. Water Sports - swimming / kayaking / canoeing / Stand Up Paddle Boarding
29. Lace up those rollerblades!
30. Go golfing (Mini putt and the driving range counts!)