

**50
WAYS**

to put **PHYSICAL**

Activity

into your life

WALK to school • **WALK** to your friend's house

JUMP ROPE during commercials

GO rollerblading
GO ice skating
PLAY basketball
PLAY tennis
GO swimming
JOIN a sports team

Take a bike **RIDE**
WASH the car
MOW the lawn

PLAY catch with a baseball or football
DO jumping jacks during commercials
RUN in place during commercials
TAKE the stairs instead of an elevator

DANCE at home with your friends
Take a family **WALK** after dinner
PLAY on a softball team
TRAIN for a running race
WALK around a museum or zoo

LEARN how to kickbox
TAKE a boxing class
SWIM laps
GO out dancing
GO snowshoeing
TRY skiing
PLAY volleyball
GO hiking
WALK a dog

GO mountain biking
PADDLE a canoe or kayak
ROW a boat
CARRY in the groceries
RAKE the leaves

HAVE SOME KICKS

join a Soccer league

SHOVEL snow
STRETCH during commercials
TAKE a physical education class
WALK around the mall
WALK around the block in the morning
GO sledding

LIFT HANDWEIGHTS during TV commercials

PLANT a garden
WORK OUT to exercise videos
TRY karate
TAKE a yoga class
TAKE a dance class
PLAY Frisbee

GO BOWLING with your friends



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