

Exercise For Fun

ACTIVITY INSPIRATION

EXERCISE & ACTIVITY IDEAS

| | | | |
|-------------|----------------|-----------------|------------------|
| Aerobics | Fencing | Jogging/running | Soccer |
| Aqua-fit | Football | Jump Rope / | Squash |
| Baseball | Golf | Skipping | Swimming |
| Basketball | Gym machines | Kickboxing | Tai chi |
| Bike riding | Hiking | Martial arts | Tennis |
| Canoeing | Hockey | Orienteering | Ultimate frisbee |
| Climbing | Horse riding | Racquetball | Volleyball |
| Curling | Hula hoop | Rock climbing | Walking |
| Cycling | Ice skating | Skiing | Weight training |
| Dancing | Inline skating | | Yoga |

Gardening
Vacuuming
Cleaning
Painting / DIY

Carrying shopping
Dog walking / training class
Playing physical games with children
Pushing pram / stroller

- Buy a Fitbit/digital device and increase your steps by 5000 a day.
- Walk to/from work or in your lunch break
- Travel by walking as much as possible
- Take the stairs every time.
- Make your date night an activity rather than a restaurant or drinking. (bowling, playing laser tag or paintball, or sinking balls at mini-golf)
- See friends for planned activities, team games or some lifestyle activities
- Walk when you are on your phone / 121 meetings
- Do a sport or hobby you loved as a child or try it for the first time.
- Plan a active games night with friends and family (Twister, charades or an active video or VR game)
- Create a fun sports day: Egg and spoon races, two-legged races, sack races, wheelbarrow races.
- Go dancing with friends.

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TASK CHECKLIST

WEEKLY EXERCISE COMMITMENTS

ACTIVE SOCIAL ACTIVITIES

I WILL ADD THE FOLLOWING TO MY DAY TO INCREASE MY MOVEMENT