

Add to list - Mix it up - Be active on your own or with others!

Basketball

Bicycle - recumbent and upright

Curling

Dancing

Elliptical

Games: Dodgeball

Gym or Community Center Classes

Hike

HIT (High Intensity Interval Training)

Hockey

Horseback riding

Indoor Rock Climbing

Indoor Sports League

Jumping Rope

Kickboxing

Pickleball

Play in the snow (make snow people)

Pool Activities: Volleyball, Aerobics

Racquetball

Rowing machines

Run

Shovel snow and other winter chores

Skating

Ski - Cross Country or Downhill

Snowshoe

Soccer

Squash

Strength Training machines

Swim

Tai Chi

Tennis

Treadmill

Walk

Walking stairs - at home or gym stair climbers

Yoga

Zumba