



## Summer Activity List

Summer is a great time to be active. Doing any of these activities, or a combination of them, at least 1 hour a day can help you stay healthy, get in shape, control your weight, and have some fun. You can add more activities at the bottom.

- Badminton
- Baseball, softball
- Basketball
- Biking
- Bowling
- Canoeing, kayaking, paddle-boarding, rowing
- Cheerleading
- Dancing
- Exergaming
- Fencing
- Field hockey
- Frisbee golf
- Gardening
- Golfing
- Gymnastics
- Hiking
- Horseback riding
- In-line skating
- Juggling
- Jumping jacks
- Jumping on a pogo stick
- Jumping rope
- Lacrosse
- Martial arts, kickboxing
- Mowing lawns
- Ping-pong
- Playing with kids at a park while babysitting
- Relay racing
- Running, fast-walking
- Shooting hoops
- Sit-ups, pushups, pull-ups
- Skateboarding
- Stationary bike
- Soccer
- Swimming, diving, snorkeling
- Tennis
- Treadmill
- Unicycling
- Volleyball
- Walking a dog
- Walking up and down stairs
- Wall-climbing
- Washing cars
- Water polo
- Waterskiing
- Weightlifting
- Yoga, Pilates, T'ai chi
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