Do 60 Minutes a Day of Physical Activity

Find Your Fun in These 100 Activities

AEROBICS  BADMINTON  BALLET  BASEBALL  CHEERLEADING  BATON TWIRLING
CAPTURE THE FLAG  CROSS COUNTRY SKIING  DANCING  BASKETBALL
DOWNHILL SKIING  HORSEBACK RIDING  FIELD HOCKEY  BIKE RIDING
HULA HOOPING  IN-LINE SKATING  FOUR SQUARE  BOXING
JUMPING ROPE  MARCHING BAND  GYMNASICS  DODGE BALL
MODERN DANCE  MOTOR CROSS  HANDBALL  FRISBEE
PLAYING TAG  RELAY  RUGBY  HOCKEY SACK
ROPE CLIMBING  ROLLER SKATING  RELAY RACES  PULLING WEEDS
SLEDDING  SQUARE DANCING  MOWING THE LAWN  JUMPING JACKS
STREET HOCKEY  SWIMMING  MODERN DANCE  KICKBALL
BASEBALL  BASKETBALL  MODERN DANCE  KICK BOXING
CAPTURE THE FLAG  TRAPEZE  BASEBALL  HACKEY SACK
CROSS COUNTRY SKIING  DANCING  KARATE  JAVELIN THrowing
DOWNHILL SKIING  DANCING  KARATE  JAVELIN THROWING
HORSEBACK RIDING  DANCING  KARATE  JAVELIN THROWING
HULA HOOPING  DANCING  KARATE  JAVELIN THROWING
IN-LINE SKATING  DANCING  KARATE  JAVELIN THROWING
JUMPING ROPE  DANCING  KARATE  JAVELIN THROWING
MARCHING BAND  DANCING  KARATE  JAVELIN THROWING
MODERN DANCE  DANCING  KARATE  JAVELIN THROWING
MOTOR CROSS  DANCING  KARATE  JAVELIN THROWING
PLAYING TAG  DANCING  KARATE  JAVELIN THROWING
ROPE CLIMBING  DANCING  KARATE  JAVELIN THROWING
SLEDDING  DANCING  KARATE  JAVELIN THROWING
STREET HOCKEY  DANCING  KARATE  JAVELIN THROWING
SWIMMING  DANCING  KARATE  JAVELIN THROWING
TRACK AND FIELD  DANCING  KARATE  JAVELIN THROWING
TRAVELING  DANCING  KARATE  JAVELIN THROWING
VOLLEYBALL  DANCING  KARATE  JAVELIN THROWING
WATER SKIING  DANCING  KARATE  JAVELIN THROWING
WEIGHT LIFTING  DANCING  KARATE  JAVELIN THROWING
YOGA  DANCING  KARATE  JAVELIN THROWING
ZUMBA  DANCING  KARATE  JAVELIN THROWING
WRESTLING  DANCING  KARATE  JAVELIN THROWING
WATER POLO  DANCING  KARATE  JAVELIN THROWING
WATER AEROBICS  DANCING  KARATE  JAVELIN THROWING
WATER SKIING  DANCING  KARATE  JAVELIN THROWING
WALKING  DANCING  KARATE  JAVELIN THROWING
WALKING STAIRS  DANCING  KARATE  JAVELIN THROWING
WALKING THE CAR  DANCING  KARATE  JAVELIN THROWING
WALKING THE CAR  DANCING  KARATE  JAVELIN THROWING
WALKING THE CAR  DANCING  KARATE  JAVELIN THROWING
WEIGHT LIFTING  DANCING  KARATE  JAVELIN THROWING
YOGA  DANCING  KARATE  JAVELIN THROWING
ZUMBA  DANCING  KARATE  JAVELIN THROWING
WRESTLING  DANCING  KARATE  JAVELIN THROWING
WATER POLO  DANCING  KARATE  JAVELIN THROWING
WATER AEROBICS  DANCING  KARATE  JAVELIN THROWING
WALKING THE CAR  DANCING  KARATE  JAVELIN THROWING
WALKING THE CAR  DANCING  KARATE  JAVELIN THROWING
WALKING THE CAR  DANCING  KARATE  JAVELIN THROWING