

100 Ways to Get Physically Active

Winter	Spring
<ol style="list-style-type: none"> 1 See how many pushups you can do in 60 seconds 2 Do stretches 3 Join a family gym 4 Take dance lessons 5 Do aerobics 6 Snow skiing 7 Act out plays as a family 8 Go bowling 9 Have a snowball fight 10 Go sledding 11 Build a family of snow people 12 Ice skate (indoors or out) 13 Build a snow house 14 Do a home decorating project 15 Make snow angels 16 Take karate lessons 17 Make up your own active game 18 Walk the local mall 19 Exercise to your favorite music 20 Play racquetball 21 Play volleyball 22 Wash & dry dishes by hand 23 Shovel snow for a neighbor 24 Learn how to snow board 25 Visit a museum 	<ol style="list-style-type: none"> Plant a garden 1 Clean the House in time to music 2 Walk to school as a family 3 Go on a picnic 4 Lift weights 5 Explore local hiking paths 6 Take a walking tour of a historic place 7 Learn how to play extreme Frisbee® 8 Build a tree house 9 Go fishing 10 Play tag 11 Play ping pong 12 Wash the car 13 Jump on a trampoline 14 Play miniature golf 15 Clean out the garage 16 Vacuum your room 17 Play horseshoes 18 Have a window-washing party 19 Play softball 20 Play in the rain ... jump in a puddle 21 Go fly a kite 22 Learn how to do a cartwheel 23 Play a game of kickball 24 Learn to play golf 25
Summer	Fall
<ol style="list-style-type: none"> 1 Take a walk 2 Enjoy a bike ride 3 Play Frisbee® 4 Go swimming 5 Play volleyball 6 Shoot some hoops 7 Have a water balloon toss 8 Practice your golf swing 9 Do jumping jacks 10 Start an in-line skating club 11 Outdoor yoga 12 Take the stairs 13 Play at a local park 14 Walk the Dog 15 Play baseball 16 Jump rope 17 Swing on a play set 18 Play hide-and-go-seek 19 Play school yard games like hop scotch 20 Chase butterflies 21 Collect lightning bugs 22 Play flashlight tag 23 Play in a yard sprinkler 24 Blow and then chase bubbles 25 Participate in a local family fun run 	<ol style="list-style-type: none"> Explore a KY State Park 1 Take a family walk after dinner 2 Join in on a parade 3 Clean up your yard 4 Go camping 5 Go hiking 6 Learn how to canoe 7 Play touch football 8 Walk through the zoo 9 Go horseback riding 10 Learn a new line dance 11 Visit a farm and pick your own pumpkin 12 Learn a new sport 13 Try out a kick-boxing class 14 Hold a family treasure hunt 15 Learn to juggle 16 Join in on a neighborhood cleanup 17 Rake leaves & then JUMP in them 18 Carry & stack fire wood 19 Plant a tree 20 Mow the yard 21 Clean out your family's garden 22 Play "Red Rover" 23 Volunteer to help clean up a neighborhood park 24 Carry in groceries from the car 25

