

102 EXERCISE IDEAS

AN ACTIVE LIFESTYLE
IS PART OF A HEALTHY LIFESTYLE



INTRODUCTION

If you're reading this, it's probably because you are interested in living a healthy lifestyle. **To live a healthy lifestyle, you must live an active lifestyle.** There's no substitute for regular activity, both for a healthy body and a healthy mind.

How do you make sure you're staying active in today's busy world? By doing something you enjoy. Finding an activity you love will keep you coming back for more. When exercise is fun, it won't feel like a struggle to keep at it.

This guide will give you an overview of 102 exercises and sports. You may have heard of some of them, and some will probably be new to you. Grab a highlighter, scan through the guide, and mark the activities that interest you. Then, go back and select your top three options. These are the activities you're going to try *right away* - no excuses!

You'll use this guide to expand the activities you enjoy on a regular basis, but that doesn't mean you have to do it alone. If you have kids, take note of activities where children can be included. Teaching your children the importance of living a healthy lifestyle when they're young makes them much more likely to be active as adults. Exercising with your kids can also be a ton of fun, so be sure to try it out!

You're more likely to reach your health and fitness goals if you're exercising with a partner. Invite your spouse or a friend to try out new activities with you. Many of the activities in this guide are just as easy to do with a partner as they are alone.

Exploring new activities is a rewarding way to work towards a healthier lifestyle. With 102 activities at your fingertips, you're sure to find something you love. So get up, get excited, and get going - your new favorite exercise is waiting!



1 ARCHERY

Professional archers make what they do look easy, but it takes a lot of strength and endurance to shoot a bow. Practice archery to build those same traits in yourself. Search the internet for

local archery ranges to get started. Many of these businesses offer lessons and equipment rentals, so you can decide if it's an activity you like before investing in equipment of your own.



2 BADMINTON

You may have played a casual game of badminton once or twice at an outdoor party, but the health benefits of this racquet sport make it worth playing regularly. Between running, diving,

hitting, and serving, badminton builds strength and endurance while giving you a great cardiovascular workout. Check in with local tennis courts or YMCAs to see if they have spaces appropriate for badminton games. Sign up for a time, grab a few friends, and get playing.



3 BALLET

Ballet dancers need strength and endurance to perform with grace and precision. Take ballet classes to improve your own fitness. You'll work on your balance and coordination while building full

body strength. Use the internet to research dance schools in your area, then call to ask if they offer beginner classes for adults. Ballet can also be a great way to exercise with your kids and set up healthy habits that will stick with them all their life.



4 BASEBALL

Between batting, pitching, racing between bases, and chasing down foul balls, baseball is a great strength and cardio workout. Many parks and rec organizations run casual baseball leagues, so

check in with yours to see if there are any available.



BASKETBALL

Get your heart rate up and enjoy some time with your friends by playing basketball. You'll find basketball courts in many parks and community buildings. Set up a time to play with friends, or

check in with your local YMCA or gym to see if there are any pickup games scheduled.



BATTING CAGE

Visit a batting cage to take a swing at baseballs pitched at you by a machine. Because the cages keep the balls contained, you can focus on swinging instead of running after baseballs. Not

only will you work up a sweat and exercise your upper body, some people find swinging a bat to be a great way to work off stress. Search Google to find batting cages available in your area.



BELLY DANCING

Take up the art of belly dancing to improve your flexibility, strength, posture, and confidence. This unique and beautiful form of dance can be accessible to all fitness levels - no previous dance

experience required! Check in with dance schools in your area to see if they offer classes. You may also find classes at your local YMCA or community center.



BIKING

Remember how much fun it was to ride your bike when you were a kid? Recapture that feeling (and get a great cardiovascular workout) by biking. Not only is biking a great form of exercise on its own, it

can also double as a form of transportation and reduce the time you spend sitting in your car. Wheel out the bike that's in the back of your garage and hit the road, or visit a cycling shop for expert advice on how to get started.



BODYWEIGHT EXERCISES

A bodyweight exercise routine allows you to build muscle and improve your cardiovascular fitness anytime, anywhere, and without any specialized equipment. Look through our bodyweight exercise guides to find a routine that's suited for

your style, interests, and current fitness level.



BOXING

Improve your cardiovascular health, hand-eye coordination, and total body strength through boxing. This high energy sport is also a great way to build confidence and burn off stress. Search the

internet for boxing gyms in your area to find seasoned coaches and other boxers to spar with.



BOOT CAMP

Military-inspired boot camp workouts are guaranteed to put your endurance to the test. These intense and varied exercise routines build strength from head to toe while getting your heart

pumping. You'll find boot camp inspired classes at most gyms, so check schedules to find one that works for you. If you prefer to work out alone, look online for hundreds of boot camp workout videos.



BOSU BALL

Ever been at the gym and seen something that looks like half an exercise ball? That's a Bosu ball. It has a flat platform on one side and a dome on the other, giving you an unstable surface on which

to perform many common bodyweight exercises. Bosu balls increase the intensity of whatever exercise you perform, as well as help you improve your balance. Try one out at the gym, and if you like it, invest in one for home use. You can use the internet to find Bosu ball exercise videos to guide you through your workout, or create your own routine.



CANOEING

If you live near a body of water, canoeing can be a peaceful way to enjoy some time in nature. But just because it's peaceful doesn't mean it's not a great workout! If you have your own canoe, try visiting different bodies of water a few times a week. If you don't, look for canoe rental businesses near local lakes or rivers. This will give you a chance to try it out to see if a canoe is something you'd like to invest in.



CIRCUIT TRAINING

Circuit training helps you build strength while getting a great cardiovascular workout. The goal is to move through 8-10 exercise stations over the course of your workout. Each station focuses on a different movement or muscle group. By the time you're done, you'll have efficiently worked out your entire body. Many gyms offer circuit training equipment and classes, so check in with yours to see what's available.



CLIMBING

How adventurous are you feeling? Get your heart (and your adrenaline) pumping at your nearest climbing gym. Making your way from handhold to handhold will challenge your body and your mind.

Search Google to find climbing walls in your area, or check in with your local YMCA or community center to see if they have any climbing resources available.



CRICKET

Cricket is a game that offers many of the same benefits as baseball. You'll pitch, use a club to hit balls, and run back and forth across the field.

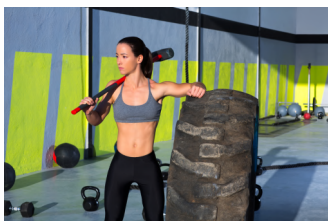
Depending on your area, your local parks and rec department may have cricket games on schedule. Check in with them to find out more. The internet can also be a great resource to find local leagues and games.



CROSS COUNTRY SKIING

Enjoy the winter landscape and get a great cardiovascular workout with cross country skiing. While you may not get the adrenaline rush of skiing downhill, cross country skiing is an effective way to build lower body strength and improve

your endurance. If there are outdoor activity centers in your area, check in with them to see if they offer cross country ski lessons or rentals. Give it a try to see if you like it, then invest in a pair of your own.



CROSSFIT

Build strength and condition your body through varied, high intensity movements by joining a CrossFit gym. This exercise program is designed to improve your ability to perform physical tasks.

Search Google to find gyms in your area that specialize in CrossFit techniques.



DANCING

Dancing is one of the simplest - and most fun - ways to get a great cardiovascular workout. All you have to do is turn up some tunes and get moving! Worried about your two left feet? Try a dance

class to get you started, or look up instructional videos online. Having a regular dance party can also be a great way to get your family on their feet and having fun.



DIVING

Practice diving to improve your strength and stamina while having a lot of fun. Water provides resistance, so any time you spend in it can help you build muscle without putting undue pressure

on your joints. Check in with local pools to see if they offer diving classes.



DOG WALKING

What's better than walking alone? Walking with your favorite furry companion! Your dog can be a great motivator to help you get up and get moving.

Take your dog on a walk down the road, or to his favorite park. Check online or in your local newspaper to find information about dog walking groups - they can be a great place to meet new two and four legged friends.



FENCING

The modern take on this combative sport is a great way to challenge your body and your mind. You'll build strength, endurance, balance, agility, and friendships as you engage in this centuries

old tradition. Search Google to find nearby fencing clubs that offer public and private classes. Your local YMCA or community center may also offer opportunities to give fencing a try.



FIELD HOCKEY

Field hockey is a fast paced game that gets you running, dodging, shooting, and passing a ball across a field. Like ice hockey, you use sticks to direct the ball, but unlike hockey you don't have to

worry about balancing on a pair of skates. Check in with your local parks and rec department to find out if there are any field hockey games or leagues in your area.



FLAG OR TAG FOOTBALL

When you play flag or tag football, you're constantly running, sprinting, dodging, reaching, and throwing - all of which build muscle and stamina while giving you a great cardiovascular workout. Touch or flag football gives you all the

fun of the game with a low risk of injury. Check in with your local parks and rec department to learn more about casual touch and flag football leagues in your area. Or, if you prefer, grab a group of friends and a football and start a game of your own.



FLOOR HOCKEY

Floor hockey is a fast paced game that helps you build stamina and strength while enjoying a great cardiovascular workout. And because all you need to play is a gym floor and a few pieces of

equipment, it's easy to find pickup games and casual leagues. Check in with your local YMCA or community center to see what they have on schedule.



FOOTBALL

Full contact football keeps you running, sprinting, dodging, tackling, throwing, and kicking, giving you a full body workout that builds muscle and stamina. Adding tackling to the mix makes this

type of football a little rougher than its flag and touch cousins, so be cautious of injury. Get in touch with your local parks and rec department to see if there are any full contact football leagues in your area.



FULL BODY EXERCISE CLASSES

Professionally led full body exercise classes work out all of your major muscle groups in one session. This makes them very efficient and a great way to learn new types of exercise. You can find full body

exercise videos online to get started. For a more social experience, look into the group classes offered at your local gym or YMCA.



GARDENING

Gardening is a rewarding hobby and a surprisingly effective way to exercise. Get out and work in the yard for thirty minutes a day to create a more beautiful environment or grow fruits and

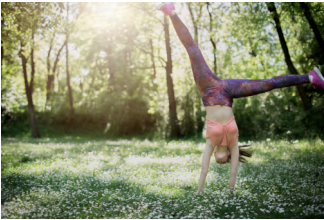
vegetables to enjoy later. Garden on your own land, help a friend in their garden, or look into community garden projects to get a workout while giving back.



GOLFING

Golfing combines the strength-building activity of swinging a golf club with the cardiovascular benefits of walking. It's also a great way to enjoy the outdoors and spend time with friends. Visit

nearby golf courses to enjoy a variety of experiences. Consider taking private or group lessons to improve on some of the finer points of the game - many golf clubs have instructors on staff.



GYMNASTICS

If you've ever watched acrobats at the circus and wanted to give what they do a try, gymnastics might be for you. This high energy form of exercise builds strength, stamina, and flexibility

while providing an intense cardio workout. There are adult gymnastic classes available at a variety of levels, so even if you can't do a cartwheel (yet) you can still give it a try. Search Google for gymnastic gyms in your area, or call your local YMCA to see if they offer classes.



HANDBALL

Handball is a fast, energetic, and fun team sport. If you've never played it before, think of it as a cross between basketball and soccer. Two teams throw a ball to each other and try to get it into a goal.

You'll run, jump, pass, sprint, and throw for an hour - a great workout! Check in with your local YMCA or gym to see if there is a handball court available. These sources can also tell you about local handball leagues that may be looking for new players.



HIKING

Go off road and enjoy a hike through a nearby park, nature reserve, or mountain trail. Hiking on uneven terrain uses different muscles than walking on pavement, and you'll have a chance to

explore places you might not see every day. Research local trails online, or look up hiking groups to find new hiking companions.



HIP HOP DANCE

Feel the rhythm and work up a sweat in a hip hop dance class. These classes are a fun way to get your heart rate up and can even help you relieve stress. Find classes in your area by contacting

local dance schools and gyms.



HOCKEY

Take to the ice in this exhilarating sport. Hockey helps you improve your balance while providing a great cardiovascular workout. If you live in a colder climate, you may be able to find local

games on ponds or other safe bodies of water. If your location isn't great for outdoor skating, or if you prefer the convenience of a climate controlled environment, contact your local skating rink to learn more about their hockey schedule.



HOPSCOTCH

If you haven't played hopscotch since you were a kid, it's time to bring it back! This childhood favorite improves your balance and lower body strength without requiring much equipment or expense. Find

a painted hopscotch court at your local park or playground, or grab a piece of chalk and make one for yourself. The best part? This is a great activity to share with your kids, making it a fun way to exercise together and pass on healthy habits.



HORSEBACK RIDING

If you've ever dreamed of having your own horse to ride, you'll be happy to hear that horseback riding is a great core workout. Fortunately you don't have to have a horse of your own to get its benefits. Contact local stables to see if they give

lessons. You can also find mechanical horse simulators at some gyms and studios - they'll give you the same workout without the trip to the country.



HOT YOGA

Hot yoga turns up the heat on traditional yoga practice. Doing yoga in temperatures up to 105 degrees Fahrenheit allows you to go deeper into your poses and elevates your heart rate, helping your body work harder. Many yoga studios offer hot yoga classes as part of their regular schedule. Check in with local studios to find a class that is convenient for you. Don't forget to bring plenty of water!



HULA HOOPING

Hula hooping isn't just for kids! Check out a hula hoop class to see just how much of a workout (and how much fun) hula hooping is. Besides helping you work up a sweat, hooping helps build core strength and coordination. You'll find hula classes on schedule at many gyms and community centers.



ICE SKATING

Lace up your skates and get out on the ice for an exhilarating exercise experience. Figure skating lessons can be a great way to hone your skills and build strength, but even just getting on the ice and skating with friends is a great workout. Use the internet to find open skating hours at nearby skating rinks, or to learn more about skating lessons.



INTERVAL TRAINING

Interval training gets your heart pumping and helps you build strength by alternating short bursts of intense activity with slightly longer periods of lower intensity. For example, you may sprint as hard as you can for 30 seconds, then run at a slower pace for 90. The concept of intervals can be applied to many types of exercise, allowing you to get more out of your current routine. Look online for more ideas on how to apply this concept, or talk to a personal trainer to create a routine specifically for you.



JIU-JITSU

Build strength, balance, stamina, and confidence by practicing jiu-jitsu. This traditional martial art focuses on grappling, teaching you to defend yourself by throwing, tripping, and incapacitating your opponent. Jiu-jitsu classes often feature several different components, including strength and cardiovascular conditioning, technique training, and improving flexibility. Use the internet to research local dojos to find a class that fits your schedule. Some organizations offer all-ages classes, making this a great activity to share with your kids.



JOGGING

Lace up those running shoes and hit the road! Jogging is an excellent way to increase your heartrate, build muscle, and really work up a sweat. And it couldn't be simpler to get started - just head out your front door. Hate running alone? Grab a friend, or use the internet to research local running groups.



JUDO

Judo is a martial art that focuses on using your opponent's momentum against them. While you won't be practicing kicks or punches, you will build strength, flexibility, balance, and stamina as you practice throws, falls, pins, chokes, and armlocks. Judo is accessible for more fitness levels. Use the internet to research local organizations and dojos to find a class that fits you.



JUMPING ROPE

Jumping rope is a simple, fun, and effective way to work out. It also involves very little equipment - just a jump rope, a pair of sneakers, and little bit of extra space. Keep a rope nearby and jump in 5-10 minute increments to work up a sweat throughout your day.



KARATE

Practicing karate is an effective way to build strength and endurance while getting a regular cardiovascular workout. Contact local dojos to learn about different class options and schedules.

Some organizations offer all-ages classes, making karate a great activity to enjoy as a family.



KAYAKING

Paddle off in a kayak to get a great upper body workout while enjoying some peaceful time away from it all. If you own a kayak, consider bringing it to new bodies of water that you haven't yet

explored. If you don't have a boat of your own, use the internet to research kayak rentals in your area. This will help you get a feel for the activity and decide if you'd like to invest in a boat of your own.



KICKBALL

Kickball isn't just a game you used to play in gym class! It's been gaining popularity among adults as a fun way to get a great workout. Between kicking, running bases, and chasing after stray balls, you'll

work up quite a sweat. Check in with local community centers and parks to find pickup games in your area, or grab a group of friends and head out to a public field to have a great time.



KICKBOXING

Kickboxing gives you a total body workout, helping to strengthen your core, upper, and lower body. It's also a great cardiovascular workout that can help improve your agility, speed, and confidence. Many

gyms offer kickboxing classes as a part of their regular schedule - give them a call or check their website to find out more. If you can't find a class near you, look on YouTube for videos to work through at home.



KUNDALINI YOGA

Kundalini yoga combines elements of core strength, flexibility, balance, and relaxation to create an experience that is as positive for the mind as it is for the body. During a kundalini yoga class you'll be led through different postures as well as guided through techniques that will reduce stress and improve the connection between your body and mind. Check in with local yoga studios to find kundalini yoga classes that fit your schedule.



LACROSSE

Spend an hour playing lacrosse to burn calories, improve your endurance, work on your balance and agility, and build strength. This high energy sport keeps you running across a field and throwing a ball using a cupped net on a stick. Get in touch with your local parks and rec department to see if there are any lacrosse leagues that you can get involved with.



MOUNTAINEERING

Beautiful views and a great cardiovascular workout - that's what mountaineering is all about. Challenge yourself by scaling nearby mountains. You'll build strength and endurance while getting plenty of fresh air and sunlight. Head out on your own for a solo hike, or bring a group of friends and take on the trail together. You can also use the internet to find local hiking clubs to meet new people and get exposed to mountains you may not be familiar with.



ORANGETHEORY

Orangetheory is a unique exercise class that focuses on high intensity interval training. Over this hour long class you'll work through a variety of cardio and strength based exercises. You'll be given a heart monitor and a goal: get your heart rate into the "orange zone" (84-91% of your max heart rate) for 12 to 20 minutes. Orange Theory studios are located in a number of different areas - visit orangetheoryfitness.com to find one near you.



OULA

If you like to dance, you'll love OULA. This dance-based fitness class is a fun and energetic way to improve your cardiovascular health, build strength, work on your balance, and have a lot of fun. OULA is designed to be easy to learn and accessible to all fitness levels, and classes encourage having fun in a judgement-free zone. Many gyms offer OULA classes, as do standalone dance studios, so use the internet to research classes near you.



PAINTBALL

Run, jump, duck, aim, and shoot - your average paintball game is anything but boring. In fact, all that running and dodging makes it an excellent workout. Use the internet to research paintball fields near you. Most fields have equipment available to rent. It's also common to have separate courses for beginner and advanced players.



PICKLEBALL

Pickleball may have a silly name, but it provides a serious workout. Combining elements of tennis, ping pong, and badminton, this sport uses large paddles to hit a wiffle ball back and forth across a double badminton court. You'll find pickleball courts in many YMCAs and community centers, so a few calls is all it takes to find a game near you.



PILATES

Pilates focuses on building a strong core and increasing flexibility through proper breathing, spinal alignment, and smooth, flowing movement. Over the course of a pilates class you'll work through a variety of movements and may use tools to improve and intensify your workout. Pilates classes are common in most gyms. You can also find a variety of pilates workout videos online, so if you're interested it's easy to jump right in.



PLAYING WITH YOUR KIDS

Get up, run around, and have some fun! Playing tag, catch, soccer, or other active games with your kids is a great way to get your exercise in for the day. Just as important, it gives you another way to

connect with your kids and create memories that will last a lifetime. You don't need to do anything special to get started - just get out there with your kids and have a great time.



PING-PONG

When you take a casual game of ping-pong to the next level, you end up with a game that keeps you running, reaching, jumping, and hitting - in short, it's a great workout! Playing improves your reflexes,

hand-eye coordination, and balance. It's also a great game to play with your kids. If you have a ping-pong table, it's time to get playing! If you don't, most YMCAs and community centers have tables available.



POLE EXERCISE

This unconventional form of exercise isn't for everyone, but if you like the idea of getting a total body workout, pole exercise may be for you. Pole dancing and other related classes teach you new

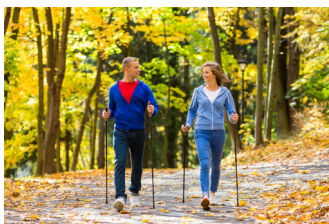
moves in a fun and supportive atmosphere. Use the internet to search for local gyms or studios that offer pole based classes.



POLO

A mix of croquet, soccer, and horseback riding, polo is a unique and fun way to get a great workout. Playing polo on horseback improves your balance, coordination, upper body strength,

and cardiovascular stamina, all while providing the emotional benefits that come from spending time with your favorite animal. Research polo clubs near you to learn more about how you can get involved with this unique sport.



POWER WALKING

Power walking takes walking to the next level by adding pronounced arm movements and brisk, wide footsteps. You'll move forward at a more aggressive pace than you would when walking regularly, helping to build more strength and

further improving your cardiovascular abilities. One of the best things about power walking is that you don't need any special equipment to get started - just wear sneakers and a comfortable set of clothes and get moving.



POWER YOGA

Practice power yoga for a high energy way to build strength, stamina, and flexibility. This yoga practice encourages you to move through poses more quickly, getting your heart rate up and helping you

build strength. Just because you'll move faster doesn't mean you won't get the mental and emotional benefits, though! Contact local yoga studios to find classes featuring this great combination of mind and body exercise.



RACQUETBALL

As you run, swing, dive, and duck your way around a racquetball court, you'll work up a sweat, build muscle, improve your coordination, and become more agile. Play racquetball by yourself, or get

together with one to three friends and have a friendly game. Many gyms and YMCAs offer racquetball courts and equipment for rental, so contact local organizations to find resources.



ROCK CLIMBING

It takes a lot of will, strength, bravery, and endurance to climb your way up a cliff or boulder. If building strength, improving your endurance, and challenging your mind in an adrenaline-boosting environment appeals to you, you may have what it

takes to be a rock climber. This type of exercise does require some equipment and know-how. Use the internet to research rock climbing groups in your area to find people who will be happy to help you get started.



ROLLER BLADING

It may not be the 90's anymore, but that doesn't mean roller blading isn't a great way to get a workout! Strap on a pair of roller blades and go for a skate. When you do, you'll build muscles in the legs, hips, buttocks, and lower back. Roller

blading is also an excellent low-impact cardiovascular workout. If you already own a pair, you're good to go! If not, you may be able to rent a pair for the night from a local skating rink to see if they're something you'd like to invest in.



ROLLER SKATING

Roller skating has many of the same benefits as roller blading - it will help you build muscle in the lower body and back while providing a great low-impact cardiovascular workout. Opting for skates instead of blades also gives you added stability,

which is valuable if you're worried about falls. Get out there and skate on the road or in the park, or use the internet to research nearby skating rinks and roller derby leagues.



ROPE TRAINING

Rope training uses large, heavy ropes (called battle ropes) to build muscle and get your blood pumping. You may have seen it before on TV montages of people working out - it's the big ropes they pound up and down with their arms. While

this form of exercise can seem a little unconventional, it's loved by many. Check in with local gyms or talk to your personal trainer to find out more about how you can incorporate rope training into your exercise routine.



ROWING

Get up early, take to the water, and row yourself to better health. Rowing helps you build muscle and provides a low-impact form of cardiovascular exercise. Use the internet to research local rowing

teams to get started. If there are none available, use the rowing machine at your gym. While it's not quite as beautiful as getting out on the water, it's a convenient way to get all of rowing's benefits.



SALSA DANCING

Have a blast learning this high energy form of dance on your own or with a partner. Salsa dancing combines an intense cardio workout with energetic music to create a fun and upbeat form of exercise. Check in with nearby dance schools to see if they offer salsa classes. If they don't, they may be able to point you towards local organizations that do.



SKATEBOARDING

You don't have to be a teenager to enjoy skateboarding. Hop on a skateboard to improve your balance and build strength while enjoying a great new form of transportation. If you're new to skateboarding, look online for instructors in your area to find someone to show you the basics. Or, if you know someone who skateboards, ask them - they'll likely be thrilled to get you rolling (and show off a few tricks).



SKIING

If you live in or love to visit colder climates, skiing is an invigorating way to exercise. Downhill skiing helps you improve your balance and strength, while cross country skiing provides an intense cardio workout. Search online to find ski resorts or mountains in your area. Most provide equipment rentals and lessons, so you can learn the ropes before you hit the slopes.



SNOWBOARDING

Release your inner adrenaline junkie and strap on a snowboard. This exciting form of exercise improves your balance, flexibility, strength, endurance, and agility - all while giving you a chance to get out of the house and enjoy winter weather. If you're new to snowboarding, contact local ski slopes to see if they offer equipment rentals and lessons.



SNOWSHOEING

Get outside and enjoy the beautiful winter scenery - all while getting a moderate workout. Snowshoes help you walk without falling through snow, but the added effort you'll put in to walk across the landscape is sure to get your heart rate

up. If you have a pair of snowshoes, all you need to do is strap them on and get out the door. If you don't, try looking for a pair in a second hand shop to see if you like them before investing in a new pair of your own.



SOCCER

Kicking a ball around is a lot more beneficial than you think! Play soccer to build lower body strength, improve your balance, work on your hand-eye coordination, and improve your cardiovascular

health. Check in with your local parks and rec department or YMCA to find out about community games and leagues. If you prefer, get together with a group of friends and have a casual match.



SOFTBALL

Play a game of softball for a fun way to improve your strength and hand-eye coordination and get your heart rate up. Between swinging a bat, running between bases, and scrambling to catch

foul balls, you'll get a varied workout. Check in with your local parks and rec department or YMCA to learn more about community games and leagues. You may also be able to join a league through your place of employment.



SPINNING

After a spinning class, you'll look at cycling in a whole new way! This energetic type of exercise class involves using specialized stationary bikes to "spin" your way through various resistance levels.

Upbeat music and a supportive group atmosphere makes spinning an enjoyable and intense activity. You'll find spinning classes at most gyms, so check in with the ones nearest you to learn more about their schedule.



SPRINTING

Unlike jogging, which encourages you to move at a steady pace, sprinting is all about running as hard and fast as you can for short bursts. It's an intense form of exercise that increases your cardiovascular health and improves your strength. If you're new to exercise, you may want to check with your doctor before trying a sprinting workout. Look online for training schedules to help you reduce your risk of injury, or check in with a running coach to create a sprinting plan that suits your needs.



SQUASH

Squash is a fast-moving indoor racquet sport that will keep you jumping, diving, ducking, and shooting. Play regularly and you'll build up your cardiovascular health, as well as build muscle and improve your reflexes. It takes at least two people to play, so grab a friend and head to your local YMCA or gym to have a game. Squash is also accessible for all ages, so it can be a great game to share with your kids.



STABILITY BALL

Stability balls are those big, inflated balls you may have seen people using at the gym or on TV. This bouncy piece of equipment provides a level of instability as you work out, allowing you to build core strength much more effectively. Add it to many of your favorite bodyweight exercises. You can also use an exercise ball in place of your desk chair to get a portion of its benefits as you work. Stability balls are available at most fitness supply stores. While you can buy them online, it's important to get the right size for your body. Checking in with an expert can help you make sure you don't buy the wrong one.



STAND-UP PADDLEBOARDING

Stand-up paddleboarding combines elements of surfing and kayaking for a workout that strengthens you from head to toe. Work on your balance and strengthen your core as you paddle a special board - while standing. Check in with businesses that rent kayaks and canoes in your area - they may have paddleboards that you can try as well.



STANDING OR TREADMILL DESK

Make the most of your time at work by transitioning into a standing or treadmill desk. A standing desk reduces the amount of time you spend sitting, while a treadmill desk keeps you moving slowly throughout your day. While neither will give you an

intense cardiovascular workout, both are a great way to incorporate a healthy mindset into your daily life. Ask around at work to see if there are any programs in place to help you get set up. You can also search online for inspiration on how to build your own standing or treadmill desk at home.



SURFING

Catch a wave! Surfing is an exhilarating way to strengthen your entire body while getting a great cardio workout. If you've always been interested in giving it a try, now's the time! If you live near a great

surfing spot, search the internet for local businesses that offer surfing rentals and lessons. If you're landlocked, research gyms that offer surfing simulation machines. They'll give you a great workout too - no wetsuit required.



SWIMMING

Swimming is a simple but highly effective form of exercise. Because the water adds resistance, you'll strengthen your entire body without putting excess strain on your joints. Contact local pools to learn

more about their hours for swimming. If you have experience, try swimming laps with the strokes you're familiar with, or learn new ones. If you don't know how to swim, consider signing up for adult swimming lessons to work out while learning a new skill.



TABATA TRAINING

Tabata uses the principles of interval training to create an efficient, fast-paced way to give your whole body a workout. This form of exercise alternates 20 seconds of high intensity exercise with 10 seconds of rest. You can create your own tabata routine by doing exercises

like sprinting, push ups, squats, or jumping rope, or join a class. Check in with local gyms to see if they offer tabata classes, or look online for tabata videos.



TAEKWONDO

This Korean martial art is an engaging way to build strength and challenge your body and your mind. Through kicking, punching, sparring, and other activities, you'll improve your stamina and practice

discipline. Use the internet to research local dojos. Join in on a session for adults, or exercise with your kids in a family taekwondo class.



TAI CHI

Practice tai chi for a slow paced, meditative, and highly beneficial form of exercise. This low-impact practice guides you through a series of flowing movements that improve flexibility, coordination,

balance, and strength. Tai chi is a great low impact exercise that can be adapted to fit your fitness level. Many YMCAs and community centers offer classes in tai chi, so check in with local organizations to find one near you.



TENNIS

Combining running, jumping, and arm movements, tennis challenges your body in a variety of ways, giving you a great workout. If you've never played before, check in with local tennis clubs to learn

more about renting equipment and taking lessons. If you're an old pro, it's time to get back out on the court! Schedule a time with a few friends to socialize while getting in your daily exercise.



TRAIL RIDING

Enjoy the more relaxed side of horseback riding by giving trail riding a try. Explore nature in a new way - on the back of a horse. Not only will you get the stress-busting benefits of spending time in

nature and socializing with other riders, you'll also improve your balance, stability, and core muscle strength. Depending on where you live, there may be stables nearby that will guide you through your trail riding experience. Use the internet to see what is available near you.



TRAIL RUNNING

Enhance your running experience by giving trail running a try. Unlike running on the street, trail running puts you on uneven terrain. This allows you to work different muscles than you would on a conventional run. Enjoy solitary time in nature by

running on nearby trails you're familiar with. Discover new places to run and make new friends by joining up with a trail running group. Use the internet or ask at a local running shop to find trail running groups in your area.



TRAMPOLINE JUMPING

Trampolines aren't just for kids - you can get a great workout from this childhood favorite. Jumping on a trampoline gives you an intense cardiovascular workout while saving your joints from damaging impact. Check the internet to see

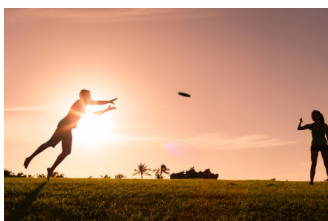
if there are trampoline parks in your area. If you prefer to workout at home, consider purchasing a small trampoline. Look online for trampoline workout videos to really get your heart pumping.



TRX

TRX (also known as suspension training) uses hanging bands to strengthen your muscles using your own body weight. By working through different ways to angle your body, you'll challenge

your muscles in ways they may never have been used before. TRX classes are available at many gyms, so check the schedules near you to find open classes.



ULTIMATE FRISBEE

Ultimate Frisbee adds a new level of competition and fun to your favorite flying disc. Join up with a local ultimate frisbee league to run, jump, catch, throw, and work up a sweat - all while meeting

new friends. Look online to find games and leagues in your area.



UNICYCLING

It's not just for the circus! Unicycling is a unique - and fun - way to improve your core strength and get a great cardiovascular workout. Just like riding a bike, learning to ride a unicycle can take some practice. Your local bike shop can be a good resource for cycling advice, or look on YouTube for plenty of videos on how to get rolling.



VOLLEYBALL

Join in on a volleyball game for a fun way to work up a sweat and improve your hand-eye coordination. Recreational volleyball leagues are common in many areas. Check in with your local YMCA or community center to see if they have any games on schedule.



WAKEBOARDING

Strap yourself into a wakeboard - a thin, rectangular board that binds to your feet - and get on the water. Keep your balance, build strength, and enjoy the ride as a speedboat pulls you across the waves. If you live near a lake or another body of water, search the internet for local businesses that rent out equipment and teach you how to get started. It's a great way to decide if you like the activity before investing in a wakeboard of your own.



WALKING

When it comes to exercise, walking is as simple as it gets. Just lace up your sneakers and head out the door. Try taking different routes to keep your walks more interesting, and don't be afraid to increase your speed to challenge yourself. Not only is walking a good cardiovascular workout, it's something that's easy to do with friends, family, and your kids.



WATER POLO

If you were to create a sport that combined basketball and soccer, then put it in a pool, you'd have water polo! This intense sport provides a great low-impact cardio workout. Play regularly to

improve your strength, coordination, and endurance as well. Contact local pools to learn more about nearby water polo games and leagues.



WEIGHT LIFTING

Lifting weights helps you build muscle and bone density. If you like the idea of having a muscular physique, this is a great way to get it. There are a huge variety of weight lifting exercises that you can try, but be careful: with the wrong form it's easy to

injure yourself. Get in touch with local gyms to schedule a session with a personal trainer. They'll help you decide which movements and weight levels are right for you and your goals, and show you how to complete each movement safely. From there, you can continue to work out at the gym, or invest in a set of weights to use at home.



WII FIT

If you like video games, you'll love exercising with Wii Fit. This unique game features a sensor board that you stand on top of and practice dozens of different cardiovascular and strength building

exercises. The game tracks your weight and progress, giving you daily feedback on how well you're doing. If you already have a wii gaming system, you can find the game online or in most department stores.



WRESTLING

Wrestling combines strength, cardiovascular fitness, and mental skills to provide a total body workout.

This intense sport pits you against someone of your age and height and challenges you to pin them to

the mat. This exercise is accessible to all ages, so it may be an interest you can share with your kids. Check in with local gyms and martial arts organizations to learn more about wrestling opportunities near you.



YOGA

Yoga combines poses that build strength and flexibility with an emphasis on breathing, creating an experience that connects the body with the mind. Depending on your chosen intensity, yoga

can help you work up a sweat or relax you after a long day. Check out local gyms and yoga studios for group classes, or look online to find easy to follow videos that you can do in the comfort of your home.



ZUMBA

You may be familiar with Zumba already. It's a lively, group-based exercise class where you dance your way to better fitness. You'll get your heart pumping, improve your balance and coordination, and meet

new people - all to a great soundtrack. Zumba classes are a common sight on gym and YMCA schedules, so check in with organizations near you to find an open class.

GetFit

102 EXERCISE IDEAS

AN ACTIVE LIFESTYLE
IS PART OF A HEALTHY LIFESTYLE

