

Types of Physical Activity

Lifestyle Physical Activity:

- Walk or ride a bicycle for transportation.
- Take the stairs instead of the elevator.
- Park at the far end of the parking lot and walk to your destination.
- Mow the grass, rake the leaves, or weed the garden.
- Get off the bus one stop early and walk the rest of the way.
- Dance as often as you can.
- Walk the dog, if you don't have one, borrow someone else's.
- Do some extra laps when you are shopping at the mall.
- Walk every hole if you play golf.
- Chop or split wood.
- Wash your car.
- Vacuum often.
- Stretch while watching TV.
- Get up to change the TV channel.
- March in place during TV commercials.
- Walk down the hall to talk to a co-worker instead of picking up the telephone or sending an email.
- Walk upstairs every time you have something to carry up, instead of waiting for a pile.
- Stand up while talking on the telephone.



Programmed Physical Activity:

Aerobic:

- Walking, Jogging, Running
- Stair climbing
- Swimming**
- Water walking*, Water aerobics*
- Gardening
- Dancing - any type
- Aerobics classes
- Bicycling**
- Roller or ice skating
- Snow skiing
- Chair exercises**
- Machines: treadmill, stair climber, stationary bike**, rowing machine**, ski machine*, elliptical trainer*



* = low-impact activity; **= non-weight bearing activity

Sports:

- Basketball, Tennis, Golf, Touch Football, Ultimate Frisbee, Soccer, Softball

Strength:

- Free weights (dumbbells)
- Elastic bands
- Circuit machines
- Pilates
- Conditioning exercises
- Medicine balls



Flexibility:

- Stretching
- Yoga
- Tai Chi