

Planned Physical Activities

There are lots of activities to consider if you are trying to become more active. For fitness and variety, choose activities from all three categories. Start slowly and choose activities you enjoy.

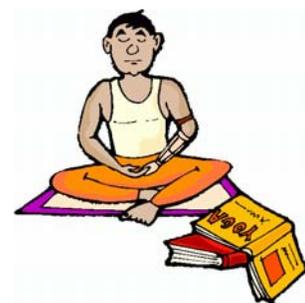
Aerobic activities

- Walking
- Stair climbing
- Gardening
- Dancing - any type
- Sports
- Jogging or running
- Aerobics classes
- Roller or ice skating
- Snow skiing
- Exercise machines (treadmill, stairclimber)
- Non-weight bearing and low- impact activities (these are good for everyone but particularly beneficial for those with arthritis).
 - Swimming
 - Bicycling
 - Water walking or water aerobics
 - Some exercise machines (stationary bike, rowing machine, ski machine, elliptical trainer)



Strength activities

- Free weights (dumbbells, plastic bottles of water, cans of food)
- Resistance bands
- Conditioning exercises (e.g., sit-ups, push-ups and pull-ups)
- Pilates
- Circuit machines
- Medicine (weighted) and balance balls



Flexibility activities

- Stretching
- Chair exercises
- Yoga
- Tai Chi

