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# What Activities Count?

☀ **Movin' Communities lets you choose from over 50 activities, so you're sure to find at least one you like.**

*Cheerleading*

*Fishing*

*Motor Cross*

*Water Aerobics*

*Orienteering*

*Dancing*

*Walking*

*Table Tennis*

*Running*

*Lifting/Hauling*

*Paddleball*

*Circuit Training*

*Croquet*

*Swimming*

*Unicycling*

*Wallyball*

*Downhill Skiing*

*Jumping Rope*

*Surfing*

*Martial Arts*

*Frisbee*

*Tennis*

*Pilates*

*Volleyball*

*Football*

*Curling*

*Cross Country Skiing*

*Marching*

*Children's Games*

*Mountain Biking*

*Track & Field*

*Wall Climbing*

*Rock Climbing*

*Racquetball*

*Water Jogging*

**\*\*15 minutes of any activity = ½ 'Movin' Mile'**

**\*\*30 minutes of any activity = 1 'Movin' Mile'**

**GOAL = at least 5 Movin' Miles per week**

**If you're being  
active, count it!**

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