

### What Activities Count?

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

Aerobics	Home Repair	Skiing
Archery	Horseback Riding	Sledding
Badminton	Household Tasks	Snorkeling
Baseball	Hunting	Snowboarding
Basketball	Inline Skating	Snow Shoeing
Bicycling	Juggling	Soccer
Bowling	Jumping Rope	Softball
Calisthenics	Kayaking	Squash
Canoeing	Kick Boxing	Stationary Bike
Cardio Machines	Lacrosse	Stretching
Cheerleading	Lawn Bowling	Swimming
Children's Games	Lifting/Hauling	Table Tennis
Circuit Training	Marching	Tai Chi
Croquet	Martial Arts	Tennis
Curling	Motor Cross	Track & Field
Dancing	Mountain Biking	Training
Diving	Orienteering	Unicycling
Fishing	Paddleball	Volleyball
Football	Pilates	Walking
Frisbee	Racquetball	Wall Climbing
Gardening	Rock Climbing	Wallyball
Golf	Rowing	Water Aerobics
Gymnastics	Running	Water Polo
Hacky Sack	Scuba Diving	Water Skiing
Handball	Shuffleboard	Weights
Hiking/Backpacking	Skateboarding	Wrestling
Hockey	Skating	Yoga

\*\*15 minutes of any activity = 1/2 'Movin' Mile'

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

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