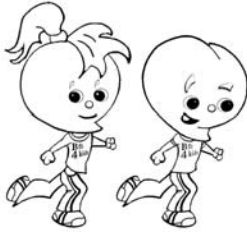


# Bfit4Kids Health & Wellness Program Physical Activity Idea Chart



Listed below is just a sampling of physical activities you may choose to participate in. Certainly, not all activities can be listed. Therefore, you can use this list for ideas and suggestions and/or come up with your own physical activities to participate in.

- |                       |                    |                       |
|-----------------------|--------------------|-----------------------|
| Badminton             | Gymnastics         | Roller Blading        |
| Ballet                | Hiking             | Running               |
| Baseball              | Hockey             | Running bases         |
| Basketball            | Hopscotch          | Shovel snow           |
| Biking                | Horse Back Riding  | Skiing                |
| Bocce Ball            | Horse Shoes        | Sled riding           |
| Bowling               | Ice Skating        | Soccer                |
| Camping               | Jogging            | Softball              |
| Canoeing              | Jump Rope          | Swimming              |
| Catch with a ball     | Karate             | Swings                |
| Cheerleading          | Kayaking           | Table Tennis          |
| Corn Hole             | Kickball           | Tag                   |
| Cross Country Running | Lacrosse           | Tai Kwan Do           |
| Cross Country Skiing  | Mat Ball           | Tennis                |
| Dance                 | Martial Arts       | Tetherball            |
| Deck Tennis           | Nature Walk        | Track & Field         |
| Field Hockey          | Play on playground | Trampoline            |
| Fishing               | Play in leaves     | Yard work             |
| Fitness Trail         | Play in snow       | Yoga                  |
| Football              | Play in yard       | Volleyball            |
| Four Square           | Rake leaves        | Walk outside          |
| Frisbee               | Ride bike          | Walk the dog          |
| Frisbee Golf          | Ride scooter       | Walk up & down stairs |
| Golf                  | Ride skateboard    | Wash the car          |
|                       |                    | Wrestling             |