

Things I Can Do For Exercise!



Ride a bike

Go for a walk

Skateboard

Scooter

Ice skate

Play a team sport

Go running

Walk the dog

Push a baby stroller

Play at the park

Rake leaves

Shovel snow

Sweep the sidewalk

Jump rope

Mow the lawn

**Go to the health
club/YMCA**

Swim

Practice a martial art

Gymnastics

Ski

Dance

Work in the garden

Walk up and down stairs

Fly a kite

Play golf/miniature golf

Run through the sprinkler

Play hopscotch

Do sit-ups

Do push-ups

Vacuum

Throw a Frisbee

**Go for a hike in the
woods**

Rollerblade

Juggle