
What Activities Count?

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

Aerobics	Hiking/Backpacking	Skating	Archery	Hockey
<i>Ski Jumping</i>	<i>Badminton</i>	<i>Home Repair</i>	<i>Baseball</i>	Basketball
Sledding	Horseback Riding	Bicycling	Soccer	Snorkeling
<i>Snowshoeing</i>	<i>Cardio Machines</i>	<i>Bowling</i>	<i>Wrestling</i>	<i>Hunting</i>
Canoeing	Skateboarding	Softball	Lacrosse	Gymnastics
<i>Juggling</i>	<i>Cardio-Kickboxing</i>	<i>Squash</i>	<i>Kayaking</i>	<i>Tai Chi</i>
Calisthenics	Household Tasks	Yoga	Handball	Hacky Sack
<i>Stretching</i>	<i>Stationary Bike</i>	<i>Diving</i>	<i>Running</i>	<i>Shuffleboard</i>
Inline Skating	Weight Training	Rowing	Scuba Diving	Water Skiing
<i>Lawn Bowling</i>	<i>Whitewater Rafting</i>	<i>Golf</i>	<i>Gardening</i>	<i>Water Polo</i>

****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!**
