

Exercise Activities



Inside



Outside



Lift weights



Play ball



Dance



Yard work



Climb stairs



Take a walk



Yoga



Go on a nature hike



Inside



Outside



Use food items (e.g., cans) or cleaning supplies as weights



Take a walk or ride a bike



Learn a dance from an app (YouTube, Tik Tok) or dance to your favorite song



Gardening or yard work



Do heavy work like carrying heavy items up and down stairs



Go on a nature scavenger hunt



Try yoga or animal poses/walks like crab walks, bear walks, frog jumps...



Play catch or jump rope