

Exercise Activities



Inside



Outside



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



Take a walk or ride a bike

Learn a dance from YouTube, Tik Tok, Instagram, or GoNoodle...or freestyle to your favorite songs



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