

ACTIVE LIFESTYLE

LIST OF ACTIVE LIFESTYLE ACTIVITIES

What activities count?

The Active Lifestyle Wellness Programs lets you choose from many different activities. So you're sure to find at least one you like. Choose an activity or several from the Moderate Lifestyle list or the Vigorous Lifestyle list. Remember that your goal is 30 minutes of activity 5 days per week.

Moderate Lifestyle Activities

Aerobics
Badminton
Baseball
Bicycling
Bowling
Calisthenics
Frisbee
Gardening/Lawn Mowing
Golf
Hiking/Backpacking
Home Repair
Horseback Riding
Horseshoe Pitching
Household Tasks
Roller Skating
Sailing
Skating
Softball
Stationary Bike
Stretching
Swimming
Table Tennis
Tai Chi
Walking
Water Aerobics
Yoga

Vigorous Lifestyle Activities

Basketball
Bicycling
Bowling
Dancing
Gymnastics
Handball
Hockey
Lifting/Hauling
Mountain Biking
Mountain Climbing
Racquetball
Rope Jumping
Rowing
Rowing Machine
Rugby
Running
Soccer
Stationary Bike
Swimming
Tai Chi
Tennis
Track & Field
Trampoline
Volleyball
Walking
Water Jogging
Water Polo
Water Skiing
Weight Training