

Fitness Play-List

Not music. A list of activities that feel like PLAY. Time passes and you didn't realize you were moving that long. Or you can't seem to do the activity without breaking into a grin! Add your faves to the list and help others find their fitness groove.



☐ Jump Rope

☐ Skipping

☐ Jumping Jacks

☐ Sprints

☐ Bike Rides/Cycling

☐ Running Stairs

☐ Swimming

☐ Dancing

☐ Throwing

☐ Hula Hoop

☐ Fast Walking

☐ Crawling

☐ Climbing