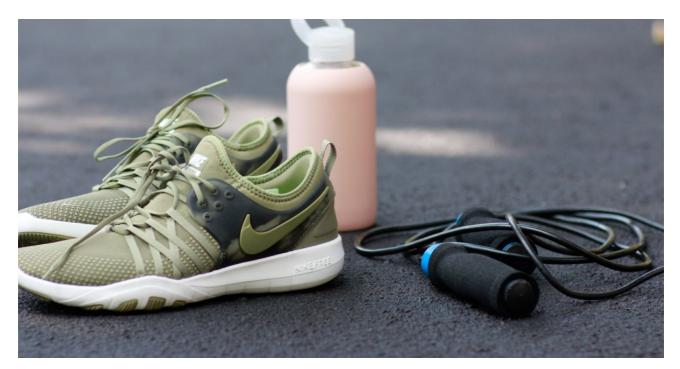
Fitness Play-List

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 | | |