

# 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