So Many Ways to Move!

What do you want to try?

Acrobatics
Aikido
Archery
Backpacking
Badminton
Ballet
Baseball
Basketball
Beach volleyball
Belly dancing
Bicycling
Boating
Boot camps
Bowling
Boxing
Canoeing
Capoeira
Cheerleading
Crew
Cross-country running
Cross-country skiing
Dance team
Diving
Downhill skiing
Dragonboat racing
Equestrian sports
Farming
Fencing
Field hockey
Fishing
Flag football
Frisbee golf
Gardening
Going to the Y
Golfing
Gymnastics

Hacky sack
Hiking
Hip hop
Hopscotch
Horseback riding
Horseshoes
Hula hoop
Hunting
Ice hockey
Ice skating
Indoor track and field
Jazz dance
Jazzercise
Juggling
Jumping rope
Kayaking
Kickball
Kickboxing
Kite flying
Lacrosse
Line dancing
Martial arts
Modern dance
Motocross
Mountain biking
Mountain climbing
Outrigger canoeing
Pickup games
Pilates
Ping pong
Playing frisbee
Pokémon Go
Ranching
Rock climbing
Ropes courses
Rowing

Rugby
Running
Sailing
Salsa
Scavenger hunts
Sculling
Shooting hoops
Skateboarding
Skating
Skiing
Skipping
Snowboarding
Soccer
Softball
Spin classes
Strength training
Surfing
Swimming
Tai chi
Tennis
Tether ball
Three flies up
Track and field
Trekking
Volleyball
Wakeboarding
Walking the dog
Water polo
Waterskiing
Weightlifting
Whitewater rafting
Wii sports
Windsurfing
Wrestling
Yoga
Zumba

The best way to keep your heart alive is to use it – and to have fun doing it!