



Healthy Activities

You may be wondering what the difference is between “exercise” and “healthy activities.” We define healthy activities as fun physical activities disguised as a social outing or event. Being active can be fun if you choose enjoyable activities and just get moving!

- Use a TV and gaming system such as a Wii or Kinect to play games that involve movement
- Hike at a local park
- Visit a venue that involves walking, like a museum, zoo, or festival
- Group activities are always fun! Consider bowling, kickball, skating, mini golf or Par 3, orienteering, or a local 5K run/walk.
- Take a walk to photograph collectible objects such as unique balconies, various signs, or birds
- Do a scavenger hunt
- Garden
- Play catch with a dog, or toss a ball with a friend
- Sit on huge balls and keep your balance
- Learn to juggle
- Use hula hoops or gymnastic ribbons
- Dance to your favorite music
- Skip rope
- Play hopscotch or hide & seek
- Play table tennis
- Play swimming pool games