FUN Ways to Exercise!

Don't like the typical ways of exercising - weightlifting, running for miles, etc.? No problem. Here are some other great ways to break a sweat.



- [ ] Hiking
- [ ] Walking
- [ ] Basketball
- [ ] Geocoaching
- [ ] Bouldering
- [ ] Martial Arts
- [ ] Parkour
- [ ] Yofa
- [ ] Pokemon Go
- [ ] Cycling
- [ ] Dancing
- [ ] Frisbee
- [ ] Soccer
- [ ] Jump Rope
- [ ] Skatebaording
- [ ] Tennis
- [ ] Bodyweight Exercise
- [ ] Tag

- [ ] Paintball
- [ ] Rollerblading
- [ ] Swimming
- [ ] Kayaking
- [ ] Golf
- [ ] Surfing
- [ ] Basebal
- [ ] Yard Work
- [ ] Softball
- [ ] Snowboarding
- [ ] Rock Climbing
- [ ] Volleyball

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