



What Counts



Exercise

The basic rule is that activity needs to be cardiovascular (aerobic activity) or strength/resistance training.

Aerobic Activity is activities of moderate intensity that use large muscle groups with energy that is supplied aerobically (with oxygen).

Strength/Resistance training involves applying force with movement. You can use free weight equipment, weight lifting machines, rubberized tubing or any other type of equipment that adds resistance.

Activity Ideas

Swimming	Cycling
Walking	Jogging/Running
Rowing	Aerobic Dancing
Stair Climber	Cross County Skiing
Circuit Weight Training with 10 minute Warm-up	Weight Training With 10 minute warm-up
Rope Skipping	Hiking/Backpacking
Rock Climbing	Skating (ice, roller, blades)
Basketball	Racquetball
Soccer	Softball
Tennis	Ultimate Frisbee
Volleyball	Spinning

