

JOYFUL MOVEMENT IDEAS

- ARCHERY
- BADMINTON
- BASKETBALL
- CROSSFIT
- CYCLING
- DANCING
- FOLLOW A WORKOUT VIDEO OR CLASS
- FOOTBALL
- GARDENING
- GOLF
- HANDBALL
- HIIT
- HIKING
- HORSE RIDING
- HULA-HOOPING
- ICE SKATING OR ROLLER SKATING
- JAZZERCISE
- JOG
- KAYAKING
- MAKE AN OBSTACLE COURSE
- MARTIAL ARTS
- PILATES
- ROCK CLIMBING
- RUGBY
- RUN
- SAILING
- SKIING
- SKIPPING ROPE
- SNORKELLING
- SNOWBOARDING
- SQUASH
- STRETCHING
- SURFING
- TABLE TENNIS
- TENNIS
- VOLLEYBALL
- WALK
- YOGA
- ZUMBA

