

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
 - Skateboarding
 - Tennis
 - Bodyweight Exercise
 - Tag
 - Paintball
 - Rollerblading
 - Swimming
 - Kayaking
 - Golf
 - Surfing
 - Baseball
 - Yard Work
 - Softball
 - Snowboarding
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Rock Climbing

Volleyball

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