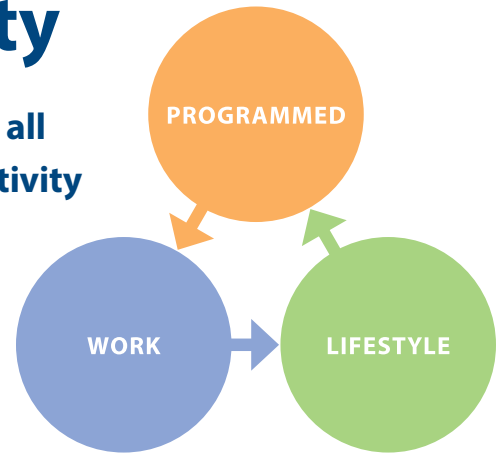




# Types of Physical Activity

**Programmed, Lifestyle, and Work physical activity all build upon each other. They help meet physical activity goals, reduce boredom, and keep both mind and body challenged! These activities help weight management and benefit your health. Here are some examples of each type of activity. Find areas where you can add or improve.**



## PROGRAMMED ACTIVITIES

### Aerobic Activities:

- Walking
- Jogging
- Stair climbing
- Swimming
- Water walking
- Water aerobics
- Gardening
- Dancing (any type)
- Aerobics classes
- Bicycling
- Roller or ice skating
- Snow skiing
- Chair exercises

- Machines
  - Treadmill
  - Stationary bike
  - Rowing machine
  - Ski machine
  - Elliptical trainer
- Sports
  - Basketball
  - Tennis
  - Golf

### Strength Activities:

- Free weights (dumbbells)
- Resistance tubes & bands
- Circuit machines
- Pilates
- Conditioning exercises
- Medicine balls

### Flexibility Activities:

- Stretching
- Yoga
- Tai Chi

## WORK ACTIVITIES

- Take the stairs instead of the elevator
- Stand up while you're talking on the telephone
- Walk down the hall to talk to a co-worker instead of picking up the telephone or sending an e-mail
- Walk during your lunch break
- Keep a resistance band or stability ball in your office

## LIFESTYLE ACTIVITIES

- Walk or ride a bicycle for transportation instead of car or bus
- Mow the grass, rake the leaves, weed the garden
- Get off the bus one stop early, and walk the rest of the way
- Walk every hole if you play golf
- Walk the dog; if you don't have one, borrow someone else's
- Do some extra laps when you are shopping at the mall
- Chop or split wood
- Wash your car
- Vacuum often
- March in place during TV commercials