

# Recommended physical activities

## Games and simple activities

### For youth

- Playing tag, playground equipment, four square, obstacle course, playing catch with ball or playing frisbee, hula hooping, hopscotch, climbing, other group sports



### For adults

- Badminton, pickleball, golf, yard work and gardening, active home projects (painting, remodeling, organizing), volunteering, hiking, geocaching, other group sports



## Resistance activities

### For all (body weight)\*

- Upper body: push ups, pull ups, shoulder taps
- Lower body: squat, lunge, glute bridge, step up, calf raise
- Core: sit-ups, plank variations, side bends
- Yoga and pilates\*\*



### For all (can add resistance band or use light weights)

- Upper body: bicep curls, triceps extensions, lateral/front raises, chest press, seated or bent-over rows, band pull a-parts
- Lower body: clamshells, lateral band walks, leg press, romanian deadlift, hamstring curls, leg extensions

*\*Can also be done with a resistance band or free weights*

*\*\*Yoga and pilates have strong flexibility components as well*



## Aerobic activities

### For youth

- Skipping, running, gymnastics, jogging, swimming, dancing, jumping rope or trampoline jumping



### For adults

- Brisk walking, running or jogging, cycling, elliptical, swimming, dancing, kickboxing, interval/circuit training



## Other ways to boost activity levels

### For all

- Using walking or cycling as a mode of active transportation
- Parking farther away from your destination
- Using the stairs rather than an elevator
- Take walking breaks and stand more often
- Play with your pets



## Flexibility activities

### For all

- Upper body: chest, shoulder, and triceps stretches
- Lower body: hamstring, quadriceps, and calf stretches
- Total body flexibility: child's pose, cat-cow, prone cobra



**REMEMBER THAT EVEN SHORT BOUTS OF ACTIVITY CAN GO A LONG WAY!**

*Please note that these are general recommendations and should not be considered a substitute for personalized advice from a professional*