

Fitness Exploration

FITNESS: ACTIVITY THAT PROMOTES BEING PHYSICALLY HEALTHY AND STRONG

Instructions:

Read through the list below and put a check mark next to the activities that you currently do. Put a star next to activities you enjoy, or think you would enjoy trying.

Water Sports:

- Swimming
- Diving Rowing
- Kayaking
- Canoeing
- Surfing
- Water Skiing
- Paddle Boarding
- Skim Boarding
- Water Aerobics

Outdoor Activities:

- Hiking
- Mountain Climbing
- Rock Climbing
- Bouldering
- Walking
- Running
- Cycling
- Fishing
- Mountain Biking
- Horseback Riding

Winter Activities:

- Skiing
- Snowboarding
- Skating
- Sledding
- Snowshoeing

Sports:

- Tennis
- Soccer
- Basketball
- Volleyball
- Baseball
- Ultimate Frisbee
- Hockey
- Squash
- Badminton
- Field Hockey
- Rugby
- Football
- Golf
- Gymnastics

"Exercise not only changes your body, it changes your mind, your attitude and your mood."

Fitness Exploration Cont.

Class Based Activities:

- Dancing
- Aerobics
- Zumba
- Yoga
- Pilates
- Martial Arts
- Kickboxing

Gym Based Activities:

- Weightlifting
- Body Building
- CrossFit
- Circuit Classes
- Spin Classes

Other things not listed:

Step 2:

Looking at the things you have checked and starred, do you notice any themes? Are there certain types of activities you are drawn to?

"He who has health has hope and he who has hope has everything."

—Arabian Proverb