

# Find Your Fit



**Find physical activities that you love and it'll be easy to stick with them. Here are more than 100 ideas. And you can find out more on *BAM! Body and Mind™* at [www.bam.gov](http://www.bam.gov). What are you waiting for? Go have some fun!**

Acrobatics  
Aerobics  
Archery  
Badminton  
Ballet  
Baseball  
Basketball  
Baton Twirling  
Bicycling  
Boogie Boarding  
Bowling  
Calisthenics  
Canoeing/Kayaking  
Catch  
Cheerleading  
Clogging  
Cricket  
Croquet  
Curling  
Dancing  
Discus  
Diving  
Dodge Ball  
Drill Team  
Fencing  
Field Hockey  
Figure Skating  
Fishing  
Flag Football  
Football  
Four Square  
Frisbee

Golf  
Gymnastics  
Hackey Sack  
Handball  
Hiking  
Hopscotch  
Horseback Riding  
Hula Hooping  
Hurdling  
Ice Hockey  
Inline Skating  
Jai Alai  
Javelin  
Jogging  
Judo  
Jump Rope  
Karate  
Kickball  
Kickboxing  
Lacrosse  
Line Dance  
Logging  
Lunges  
Marching Band  
Martial Arts  
Mountain Biking  
Paddleball  
PE Class  
Pilates  
Pull Ups  
Push Ups  
Racquetball

Recess  
Rock Climbing  
Roller Hockey  
Roller Skating  
Rowing  
Rugby  
Scooters  
Scuba Diving  
Shot Put  
Sit Ups  
Skateboarding  
Ski Jumping  
Skin Diving  
Sledding  
Snorkeling  
Snow Skiing  
Snowboarding  
Soccer  
Softball  
Square Dancing  
Squash  
Step Team  
Stickball  
Strength Training  
Stretching  
Surfing  
Swimming  
Table Tennis  
Tae Bo  
Taekwondo  
T'ai Chi  
Tag

Tap Dancing  
Tennis  
Tetherball  
Tobogganing  
Track and Field  
Tumbling  
Ultimate Frisbee  
Volleyball  
Walking  
Water Polo  
Water Skiing  
White-Water Rafting  
Wrestling  
Yoga  
Household chores  
Mowing the lawn  
Raking leaves  
Walking the dog  
Washing the car  
Working in the garden



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