



LIVE HEALTHY

51 Ways to Keep Fit



1. Find a workout buddy
2. Walk on the beach
3. Join a health club
4. Do jumping jacks
5. Take the dog for a walk
6. Do pull-ups
7. Take a fitness class
8. Do yard work
9. Play catch with a friend
10. Play tag with your kids
11. Eat regular, healthy meals
12. Take the stairs instead of the elevator
13. Play ping pong
14. Walk or run on a treadmill
15. Take a tai chi class
16. Take a yoga class
17. Run up & down stairs
18. Meditate
19. Swing on a swing
20. Drink lots of water
21. Ride a bike
22. Garden
23. Laugh
24. Reduce your stress
25. Play volleyball
26. Play soccer
27. Play basketball
28. Take a karate class
29. Jog
30. Sing
31. Get lots of sleep
32. Take an aerobics class
33. Use an exercise DVD
34. Lift weights
35. Go for a walk everyday
36. Play flag football
37. Jump rope
38. Play at the park
39. Do sit-ups
40. Go for a run
41. Hike in the woods
42. Stretch
43. Jump on a trampoline
44. Go bowling
45. Swim
46. Learn to belly dance
47. Go horseback riding
48. Do housework
49. Play tennis
50. Dance
51. Shoot some hoops