

100 CHECK OUT THESE FUN WAYS TO GET ACTIVE!

Provided by President's Council on Fitness, Sports & Nutrition

Kids can become active and have fun while fulfilling the PALA Challenge any number of ways. Whether they're engaging in traditional sports and fitness or out-of-the-box activities, kids should be encouraged to harness their passions and get moving! These activities are also great ideas for **Worldwide Day of Play** events.



Aerobics

Archery

Badminton

Baseball

Basketball

Baton Twirling

Bicycling

Billiards

Bowling

Boxing/Kickboxing

Calisthenics

Canoeing

Cardio Machines

Cardio Tennis

Cheerleading

Children's Games

Circuit Training

Cricket

Croquet

Cross Country Skiing

Curling

Dancing

Darts

Diving

Downhill Skiing

Fencing

Field Hockey

Fishing

Footbag

Football

Frisbee

Gardening

Golf

Gymnastics

Handball

Hang Gliding

Hiking/Backpacking

Hockey

Home Repair

Horseback Riding

Horseshoe Pitching

Household Tasks

Hunting

Inline Skating

Jai Alai

Juggling

Kayaking

Lacrosse

Lawn Bowling

Mowing/Gardening

Lifting/Hauling

Marching

Martial Arts

Motocross

Mountain Biking

Mountain Climbing

Nintendo Wii (Sports)

Nordic Walking

Orienteering

Paddleball

Pedometer

Pilates

Polo

Racquetball

Rock Climbing

Roller Skating

Rope Jumping

Rowing

Rowing Machine

Rugby

Running

Sailing

Scuba Diving

Shuffleboard

Skateboarding

Skating

Ski Jumping

Skimobiling

Skydiving

Sledding

Snorkeling

Snow Shoveling

Snowboarding

Snowmobiling

Snowshoeing

Soccer

Softball

Squash

Stationary Bike

Stretching

Surfing

Swimming

Table Tennis

Tai Chi

Tennis

Track & Field

Trampoline

Trap & Skeet

Unicycling

Volleyball

Walking

Wallyball

Water Aerobics

Water Jogging

Water Polo

Water Skiing

Weight Training

Whitewater Rafting

Wrestling

Yoga