

# Discover Physical Activities You Enjoy

1. What are your preferences?
  - Exercising alone
  - With a group of people
  - Exercising indoors vs
  - Outdoors
  
2. What is your current fitness level? \_\_\_\_\_
  
3. Considering your current fitness level, what would be the most enjoyable activities to explore?  
\_\_\_\_\_
  
4. How do you want to feel after physical activity? Perhaps calm or perhaps energized?  
\_\_\_\_\_

Review this list of physical activities. The five middle columns indicate different aspects of the activities - whether the activity is typically practiced as a game, whether it is a solo or group exercise (or both), and whether it's done indoors to outdoors (or both). In the right hand column, rate your interest in exploring each exercised from 0 to 10, with 0 being not interesting and 10 being very interested.

Activity	Game	Solo	Group	Indoor	Outdoor	Interest (0-10)
Badminton	x		x	x	x	
Basketball	x		x	x	x	
Cycling		x	x	x	x	
Body surfing		x	x		x	
Boogie boarding		x	x		x	

Activity	Game	Solo	Group	Indoor	Outdoor	Interest (0-10)
Cross-country skiing		x	x		x	
dancing				x		
Ballet		x	x	x		
Ballroom			x	x		
Club			x	x		
Hip-hop			x	x		
Jazz			x	x		
Pole			x	x		
YouTube Videos		x		x		
Zumba			x	x		
Dodgeball	x		x		x	
Flag football	x		x		x	
Gardening		x			x	
Geocaching	x				x	
Gymnastics				x		
Acrobatics				x		
Aerial hoops or skills				x		
Tumbling				x		
Gyrotonics		x	x	x		
Handball	x		x	x	x	
Hiking		x	x		x	

Activity	Game	Solo	Group	Indoor	Outdoor	Interest (0-10)
Ice skating		x	x	x	x	
Jumping rope		x	x	x	x	
Laser tag	x		x	x		
Kayaking		x	x		x	
Kickboxing			x	x		
Martial arts		x	x	x		
Tai Chi		x	x	x		
Paintballing	x		x		x	
Pilates		x	x	x		
Ping-pong	x		x	x	x	
Playing with your dog		x		x	x	
Playing with kids	x		x	x	x	
Hide and seek	x		x	x	x	
Hop scotch	x		x		x	
Tag	x		x		x	
Rock climbing		x	x	x	x	
Rollerskating		x	x	x	x	
Running		x	x	x	x	
Sailing		x	x		x	
Skateboarding		x	x	x	x	
Skiing		x	x		x	

Activity	Game	Solo	Group	Indoor	Outdoor	Interest (0-10)
Soccer	x		x	x	x	
Standup paddle boarding		x	x		x	
Surfing		x	x		x	
Swimming		x	x	x	x	
Tennis	x		x		x	
Tampoline		x	x	x	x	
Video Games	x	x	x	x		
Dance revolution	x	x	x	x		
Wii Fit	x	x	x	x		
Wii Tennis	x	x	x	x		
Just Dance	x	x	x	x		
Volleyball	x		x	x	x	
Wakeboarding		x	x		x	
Walking		x	x	x	x	
Weight lifing		x	x	x		
Body pump class			x	x		
Circuit weights		x	x	x		
Free weights		x	x	x		
Yoga		x	x	x	x	

List the activities that you have a rating of 7 or higher for your interest in exploring. Then circle the top 3 activities that you would like to try. (Note that if none of the activities was appealing enough to get a rating of 7 or above, list some activities that you might tolerate.)


What do you need to get started? Consider your schedule (more on that in the next online lesson), comfortable clothing, comfortable shoes, equipment, and a check-up from your doctor.

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