

ACTIVITY

AEROBICS	A	B		
AQUAFIT	A			
BASEBALL/SOFTBALL	A			
BASKETBALL	A			
BICYCLING	A			
BOXING	A	B		
ELLIPTICAL TRAINER	A			
FAST DANCING	F	A	B	
FOOTBALL	A			
HIKING	A			
JOGGING/RUNNING	A			
KAYAKING/CANOEING	A			
MARTIAL ARTS	F	A	B	
PADDLE BOARDING		A	B	
PILATES (EQUIPMENT)	F		B	S
QIGONG	F		B	
RACQUETBALL/SQUASH		A		
RESISTANCE BANDS				S
ROCK CLIMBING		A		S
ROWING MACHINE		A		
SKIING, CROSS COUNTRY		A		
SNOW SHOEING		A		
SOCCER		A		
STAIRMASTER		A		
STRETCHING	F			
SWIMMING		A		
TAI CHI	F		B	
TENNIS		A		
VOLLEYBALL		A		
WALKING		A		
WEIGHT LIFTING				S
YOGA, POWER	F		B	S
YOGA, HATHA	F		B	S

- F** FLEXIBILITY
- A** AEROBIC
- B** BALANCE
- S** STRENGTH

¹Tremblay et al. 2011 New Canadian Physical Activity Guidelines. Applied physiology, nutrition, and metabolism 36(1): 36-46

²Pescatello et al. 2014 ACSM's guidelines for exercise testing and prescription 9th Ed. Lww/Lippincott Williams & Wilkins, Philadelphia, PA.

