

BAM!
Body and Mind

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. 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



Find out more on *BAM! Body and Mind*™ at www.bam.gov