

What activities can be counted?

Ex · er · cise (ĕk'sər-sīz') noun, verb

Exercise is physical activity that stimulates, strengthens, and stretches the muscles therefore raising heart rate, improving muscular strength, and maintaining body composition over a continuous period of time. Exercise includes a planned activity that is repetitive and has a purpose of conditioning any part of the body. Examples could include (but not limited to) walking, jogging, tennis, or any activity that you schedule specifically as an exercise period. If you replace your morning car commute with a bike ride to work, that would certainly qualify. Your heart rate will increase and you may "break a sweat" when exercising at a moderate intensity. A simple way of determining whether you are exercising at a moderate level is the talk test—if you are doing moderate intensity activity you will be able to talk in short bouts but not able to carry on a casual conversation or sing. Review the following list for more examples of exercise activities. Reporting is on the "Honor System" and participants can use their own judgment on whether the activity fits. Feel free to contact the organizers if you are unsure. Contact your physician for questions regarding your specific exercise needs, limitations and questions.

Examples of Acceptable Activities

This list provides a few examples of acceptable exercise. Please feel free to make your own personal additions. Make it fun. Keep it active.

- Walking
- Bicycling
- Jogging/ Running
- Sports- such as tennis, basketball, baseball, hockey
- Swimming
- Weight Training
- Golf- if walking the course (not riding on the cart!)
- Stair climbing
- Yard work/ gardening (if the activities raise your heart rate)
- Yoga
- Pilates
- Aerobics
- Tai Chi
- Kick-boxing
- Elliptical Trainer and other cardio machines
- Hiking
- Skiing
- Skating
- Jumping rope
- Rowing