



Guide to Fitness Activities

This is only a sampling of activities you might try, but it can give you ideas



Table of Activities

- The following table provides information about a variety of fitness activities as well as sports or other recreational activities.
- The table can help you find activities that will help with the area of fitness you are interested in, and will offer some other issues to think about when choosing an activity.

What It Improves

- Each of the three kinds of fitness are listed in the order they might be improved by activity.

Key to symbols:

+++	= activity is excellent for improving this area
++	= activity is good for improving this area
+	= activity helps a little

Equipment Expense, Other Costs

- This column gives a rough guide to the expense required for equipment, instruction, and "pay as you play" costs (such as ski lift passes or fees for access to facilities).
- The cost of expensive equipment (a one-time or infrequent expense) becomes more reasonable if you stay with the activity for a while

\$\$\$	= very expensive
\$\$	= moderately expensive
\$	= inexpensive (e.g. cost of class fees or special clothing)
0	= free or very little expense (e.g. the cost of a videotape)

Activity	Improves Aerobic Fitness	Improves Strength	Improves Flexibility	Instruction	Equipment Expense, Other Costs
Aerobic dance	++	+	++	helpful	0-\$
Alpine skiing	+	+		needed	\$\$\$
Ballet	+	++	+++	needed	\$
Bicycling	+++	++			\$\$
Boxing	++	++		needed	\$
Calisthenics	+	+	+		
Court Sports (tennis)	+			helpful	\$

Activity	Improves Aerobic Fitness	Improves Strength	Improves Flexibility	Instruction	Equipment Expense, Other Costs
Cross - country skiing	+++	+++	+	helpful	\$\$
Fencing	++	+	++	needed	\$\$
Gymnastics	+	++	+++	needed	\$
Indoor rowing	+	++			\$\$
Jogging	+++	++			\$
Kayaking	+	++		needed	\$\$\$
Martial Arts	+	++	+++	needed	\$

Activity	Improves Aerobic Fitness	Improves Strength	Improves Flexibility	Instruction	Equipment Expense, Other Costs
Power lifting		+++		needed	\$
Rock climbing	+	+++	++	needed	\$\$
Rowing	+	++		helpful	\$\$\$
Running	+++	++			\$
Sail boarding		++		needed	\$\$\$
Scuba		+		needed	\$\$\$
Skating (Ice/Inline)	+	+		helpful	\$\$

Activity	Improves Aerobic Fitness	Improves Strength	Improves Flexibility	Instruction	Equipment Expense, Other Costs
Skipping rope	++	++			
Stationary bicycling	+++	++			\$\$
Swimming	++	++		needed	\$
Walking	++	+			
Water skiing		+			\$\$\$
Yoga			+++	helpful	