

Planned Physical Activities

There are many ways to become more active. For fitness and variety, choose activities from all three categories below. Choose activities you enjoy.



AEROBIC ACTIVITIES

- Walking
- Stair climbing
- Gardening
- Dancing (any type)
- Sports
- Jogging or running
- Aerobics classes
- Roller or ice skating
- Snow skiing
- Some exercise machines (treadmill, elliptical, stationary bike, rowing machine, ski machine)
- Non-weight bearing and low-impact activities, which are good for everyone but particularly beneficial for those with arthritis
- Swimming
- Bicycling
- Water walking or water aerobics
- Free weights (dumbbells, plastic bottles of water, cans of food, etc.)



STRENGTH ACTIVITIES

- Resistance bands
- Conditioning exercises (for example, sit-ups, push-ups, and pull-ups)
- Pilates
- Circuit machines
- Medicine and balance balls



FLEXIBILITY ACTIVITIES

- Stretching
- Chair exercises
- Yoga
- Tai Chi
- Pilates