

# Creative and Inexpensive Physical Activity Options

## Where to Find Activities

- Public sources
  - Internet
  - Local newspaper or television
  - Community education
  - Parks and recreation departments
  - Specialized recreation services for people with disabilities
  - Newsletters from local clubs, groups, or religious organizations
- Volunteering
  - Walking dogs for the local animal shelter
  - Delivering meals for homebound elderly
  - Taking part in fund-raising walks for a favorite charity
- Community-sponsored fitness/walk challenges
- Outside recreation (often equipment can be rented):
  - Biking, walking, snow skiing, cross-country skiing, hockey, baseball, soccer, football, basketball, ice skating, lawn games, swimming, canoeing, kayaking, running errands on foot or by bike, etc.
- Inside recreation
  - Stationary biking, walking around the house or on a treadmill, active video games (Wii, Xbox, etc.), dancing, cleaning, household chores, climbing stairs, open gym time, gym membership, swimming, walking in a mall or city skyways, etc.



## Tips for Success

- Take part in activities with individuals.
- Be creative in choosing activities.
- Don't let bad weather get in the way; find an activity to do inside.
- Offer at least 30 minutes of physical activity to individuals every day.



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