

# Move Your Body...Weather or Not!

ACTIVITY			SPRING	SUMMER	FALL	WINTER
	INDOOR	OUTDOOR				
Walking/Jogging/Running	X	X	X	X	X	X
Gardening		X	X	X	X	
Bicycling		X	X	X	X	
Vacuuming/Mopping	X		X	X	X	X
Raking Leaves		X			X	X
Swimming	X	X	X	X	X	X
Washing the Car		X	X	X	X	
Mowing the Lawn		X	X	X	X	
Dancing	X		X	X	X	X
Tennis		X	X	X	X	
Basketball	X	X	X	X	X	X
Skating	X	X	X	X	X	X
Pushing a Stroller	X	X	X	X	X	X
Stair-Climbing	X		X	X	X	X
Exercise Video	X		X	X	X	X
Museum/Mall Walking	X		X	X	X	X