



## **Aerobic and dynamic activity-based strength training (6 to 17 years)**

ALWAYS check with your PEDIATRICIAN first, before beginning a new exercise program for your child.

1. Bicycling
2. Dancing
3. Gymnastics
4. Ice skating
5. Jump rope
6. Martial arts
7. Playing in the playground
8. Playing tag
9. Riding a push scooter
10. Rollerblading
11. Running
12. Skateboarding
13. Sports
14. Swimming
15. Walking the dog
16. Walking to school