Qualifying Activities

Aerobics - high impact
Aerobics - low impact
Arc Trainer
Archery
Badminton
Barre
Baseball
Basketball - Game
Basketball - Leisure
Beach volleyball
Bicycling - BMX or Mountain
Bicycling - Leisure
Bicycling - moderate
Bicycling - racing
Bicycling - stationary
Bicycling – vigorous
Billiards
Bootcamp
Bowling
Boxing - in ring
Boxing - punching bag
Boxing / MMA
Broomball
Calisthenics - light
Calisthenics - vigorous
Canoeing
Car Washing
Carrying/loading/stacking wood
Chopping wood
Circuit training
Clearing land
Construction work
Core Strengthening
Cricket
Croquet
CrossFit
Abdominal Exercises
Curling
Custodial work
Dance
Dance aerobics
Dancing (general)
Digging (dirt, sand, rock, etc.)
Dodgeball
Dog Walking
Elliptical Trainer
Farming - moderate
Farming - strenuous
Fencing
Football - Full Contact
Football - Touch or Flag Frisbee
Gardening - planting, weeding, raking
Golf - Cart
Golf - Walk
Group Workout
Gymnastics
Hacky sack
Handball
Hang gliding
Hiking
Hockey (ice hockey or roller hockey)
Horse grooming
Horse riding - galloping
Horse riding - trotting
Horseback riding
Housework (general)
Hula Hoop
Ironing
Jai Alai
Jazzercise
Jogging
Jogging and Walking
Juggling
Jumping rope
Karate
Kayaking
Kickball
Lacrosse
Laying Sod
LES MILLS Workouts
Marching, military
Martial arts/Kickboxing
Motocross
Mowing the lawn - push mower
Mowing the lawn - riding mower
Nordic Walking (3.5 - 4 mph)
Nordic Walking (4.5 and above)
Orienteering
Paddleball
Paddleboat
Painting house (inside or outside)
Pilates or Yogalates
Ping Pong
Planting Trees
Playing with animals
Playing with children
Racquetball
Raking Lawn
Rock climbing/Rappelling
Rowing - moderate
Rowing - vigorous
Rugby
Running - Up Stairs
Running Moderate (8 min mile)
Running Slow (10 min mile)
Running Vigorous (6 min mile)
Sailing
Scrubbing floors
SCUBA diving
Shuffleboard
Skateboarding
Skating - ice - moderate
Skating - ice - vigorous
Skating - roller - moderate
Skating - roller - vigorous
Ski jumping
Ski Machine
Skiing - cross country
Skiing - downhill
Skiing - water
Sky Diving
Snorkeling
Soccer
Softball
Spinning
Sports
Sprinting
Squash
Stair machine - moderate
Stair machine - vigorous
Stairmaster / Stepwell
Steps
Strength Training
Swimming - casual or treading water
Swimming - laps
Synchronized swimming
Table Tennis
Tae Bo
Tai Chi
Tennis - Singles or Doubles
Track and field - Moderate
Track and field - Vigorous
Trampoline
Treading water
Trimming Trees/Shrubs
Unicycling
Using power tools
Volleyball
Walking - Leisure (friends or pets)
Walking - Moderate
Walking - Vigorous/Race
Walking and pushing a wheelchair or stroller
Walking with weights
Walking with weights up stairs
Wallyball
Washing/waxing vehicle
Water aerobics
Water jogging
Water polo
Water volleyball
Weeding
Weightlifting - moderate
Weightlifting - vigorous
Whitewater rafting
Wrestling
Yoga
Zumba