Relay Slips

Cut apart to make slips.
Playing tennis

Playing golf
(walking and carrying clubs)
Raking leaves

Chopping wood
Playing tag with the kids

Lifting weights
Stretching

Yoga
Walking quickly

Hiking
Gardening/yard work

Dancing
Bicycling

Running/jogging
Swimming

Aerobics
Heavy yard work

Basketball
Taking stairs instead of elevator

Jumping rope
Playing on the playground

Using food cans as weights
Performing Martial arts

Carrying bags of soil for gardening
Roller skating

Skateboarding
Shoveling snow

Playing soccer
Doing hamstring stretches

Stretching your arms above your head
Reaching for things on a high shelf

Playing Head, Shoulders, Knees and Toes

(children’s song with movements)
Vacuuming

Mopping