

Examples of physical activity and physical exercise



Physical activity	Physical Exercise
Housework	Aerobics classes
Walking the dog	Weight training
Ironing	Pilates
Gardening	Yoga
Playing outside, in the forest and on the beach	Aqua classes
Playing in the house that involves moving around the room	Circuit training
Walking to the shops	Competitive sports (football, rugby, netball, hockey, swimming)
Cycling	Running, rowing and cycling
Roller skating/blading and skateboarding	Athletics
Singing and doing action songs	Athletics
Jumping in puddles	Racket sports