

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Badminton	✓	✓	✓	✓	✓	
Ball hockey	✓	✓	✓		✓	✓
Balloon fun (blow up balloons and toss or volley them to each other, or see who can pop the most balloons by sitting on them)	✓	✓	✓	✓	✓	
Bike riding around the neighbourhood		✓	✓	✓	✓	
Billiards/pool	✓			✓		✓
Bird watching (either alone or join a group)		✓	✓	✓		✓
Board games	✓		✓	✓	✓	
Bowling (5-pin or 10-pin)	✓		✓	✓		✓
Brain exercise video game	✓		✓	✓	✓	
Build an igloo, snow fort or snowman		✓	✓			✓
Calligraphy	✓		✓	✓	✓	
Canoeing or rowing		✓	✓	✓		✓
Celebrate a birthday being active (roller skating, ice skating, splatter ball)	✓		✓			✓

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Dance class (tap, hip hop or ballroom)	✓		✓	✓	✓	
Dance at home with the family after dinner (take turns picking songs)	✓		✓	✓	✓	
DVD exercise routine	✓		✓	✓	✓	
Family card-games	✓		✓	✓	✓	
Family comedy time (take turns reading from a joke book or watch a funny video or DVD)	✓		✓	✓	✓	
Fencing	✓		✓	✓		✓
Fly a kite		✓	✓	✓	✓	
Folk/cultural dancing	✓		✓	✓		✓
Gardening		✓	✓	✓		✓
Gentle stretching	✓		✓	✓	✓	
Go camping		✓	✓	✓		✓
Go fishing		✓	✓	✓		✓
Go to an indoor climbing gym	✓		✓			✓

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Go to your neighbourhood park and swing, slide and climb		✓	✓		✓	
Have a hula hop contest	✓		✓	✓	✓	
Hide-and-seek	✓	✓	✓		✓	
Hopscotch		✓	✓		✓	
Horseback riding		✓	✓			✓
Household chores (turn up the music and make them invigorating!)	✓		✓	✓	✓	
Indoor golf (check to see if there's a facility near you)	✓		✓	✓		✓
Jigsaw puzzles	✓		✓	✓	✓	
Jogging		✓	✓		✓	
Join a charity walk, bike ride or fun run		✓	✓	✓		✓
Join a choir	✓		✓	✓	✓	✓
Join a community or park clean-up group		✓	✓	✓		✓
Join a historical or architectural walk in your city or town (most are free or ask for a small donation)		✓	✓	✓		✓

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Jump rope	✓	✓	✓		✓	
Keep a “family happy memories” scrapbook (glue in funny photos, drawings or event stubs) and revisit it regularly	✓		✓	✓	✓	✓
Lawn bowling/ bocce	✓	✓	✓	✓	✓	
Line dancing lessons	✓		✓	✓		✓
Low-impact aerobic classes	✓			✓	✓	
Mall walk	✓		✓	✓	✓	
Martial arts class	✓		✓		✓	
Miniature golf	✓	✓	✓	✓	✓	✓
Museum or art gallery tour	✓		✓	✓		✓
Obstacle course (backyard or indoors)	✓	✓	✓			✓
Organize a weekly neighbourhood walk		✓	✓	✓		✓
Orienteering or geocaching		✓	✓	✓		✓

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Outdoor fitness class (e.g. bootcamp-type fitness in a park)		✓	✓		✓	
Paint (finger paint on paper or on a canvas)	✓		✓	✓		✓
Physical video game (Wii Fit or Dance Dance Revolution, for example)	✓		✓		✓	
Pick fruits or vegetables at farm open to public		✓	✓	✓		✓
Play "hot potato"	✓	✓	✓		✓	
Play charades	✓		✓	✓	✓	
Play croquet		✓	✓	✓		✓
Play Frisbee		✓	✓	✓	✓	
Play horseshoes		✓	✓	✓	✓	
Play tag		✓	✓		✓	
Pottery class	✓		✓	✓		✓
Shoot hoops		✓	✓	✓	✓	
Skiing, snowboarding or snowshoeing		✓	✓	✓		✓
Snow removal		✓	✓	✓	✓	
Soccer	✓	✓	✓		✓	

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Stationary cycling	✓		✓	✓	✓	
Swimming	✓	✓	✓	✓	✓	
Tai Chi	✓			✓	✓	
Take a cooking class with the entire family	✓		✓	✓		✓
Tennis	✓	✓	✓	✓	✓	
Throw a baseball, softball or football		✓	✓	✓	✓	
Tobogganing		✓	✓		✓	✓
Treadmill walking or jogging	✓			✓	✓	
TV commercials family fitness	✓		✓	✓	✓	
Twister	✓		✓		✓	
Ultimate Frisbee		✓	✓			✓
Visit a public garden		✓	✓	✓		✓
Visit the zoo		✓	✓	✓		✓
Volleyball	✓	✓	✓		✓	
Volunteer as a family	✓	✓	✓	✓		✓
Walking or hiking		✓	✓	✓	✓	
Wash the car		✓	✓	✓	✓	

Game: Find great activities your family can enjoy

Activity	Indoor	Outdoor	Kids	Older Adults	Less than 1.5 to 2 hours	More than 2 hours
Water aerobics	✓	✓		✓	✓	
Weight lifting	✓		✓	✓	✓	
Yoga	✓		✓	✓	✓	