

**You may count 1 mile for every 15 minutes of moderate intensity, continuous physical activity.**

**APPROVED ACTIVITIES:**

- Walking                      Bicycling
- Racquetball                Running
- Swimming                  Skateboarding
- Weight Training
- Team Sports (Basketball, Soccer, Volleyball, Football, Baseball/Softball, etc.)
- Other Aerobic Exercise
  - Machines
  - Dance
  - Step Aerobics
  - Yoga
  - Pilates
  - Zumba
  - Exercise Video
  - Wii Fit or Kinect