

Hawaiian Road Trip Challenge 2013

Activities

- Aerobic Dancing (Zumba, hip hop cardio)
- Backpacking
- Basketball, Baseball, Softball
- Bicycling (10, 12, 15 mph)
- Calisthenics (Insanity, Bootcamp, Fitness DVD's, Pilates, Yopalates, and all bending, jumping, swinging, twisting, and kicking using one's body weight)
- Canoeing or Rowing (4, 6, 8 METS)
- Dancing, Social
- Elliptical Machine
- Football
- Gardening (mowing, pulling weeds, sweeping, etc)
 - ** House Work can also be included with Gardening
- Golfing, carrying bag or pulling cart (riding in the cart does NOT count)
- Hiking, Cross - Country
- Hockey (or Ice Skating)
- Jogging or Running
- Karate (Tae Kwon Do, Boxing, Kick boxing or Turbo Kick)
- Mountain Climbing or Rock Climbing
- Pedometer (2000 steps = 1 mile)
- Racquetball, Handball
- Rope Skipping
- Scuba Diving
- Skating
- Skiing, Cross Country or Down Hill
- Soccer
- Stair Stepping
- Stationary Cycling or Road Cycling
- Swimming (Not Tanning)
- Table Tennis (Bowling)
- Tennis
- Volleyball
- Walking
- Water Skiing or Wake Boarding
- Weight Training: Free Weights (Dumbbells and Barbells) Resistance Bands, Machines, and Fitness DVD's with weight
- Yoga

Please contact iaWellness at
(806) 765-7265 for other
activities or questions
regarding the Hawaiian Road
Trip Challenge.

Wellness Coaching:

(866) 630-6733

- Need a fitness program?
- Need a diet plan?
- Need new idea's to get active?

COACHES are FREE and available weekdays between 8am – 5pm (also available evenings and Saturdays by appointment)

Don't Miss Out.... Call Today!