

Suggested Positive Activities To Do While Counting Your Heartbeats

Aerobics	Fishing	Paddleball	Snow Shoveling
Badminton	Football	Pilates	Soccer
Baseball	Frisbee	Polo	Softball
Basketball	Gardening/Lawn	Praying	Squash
Baton Twirling	Mowing	Pushing Baby	Stationary Bike
Bicycling	Golf	Stroller	Stretching
Bowling	Gymnastics	Pushing	Surfing
Boxing/Kickboxing	Handball	Wheelchair	Swimming
Calisthenics	Hiking/Backpacking	Racquetball	Table Tennis
Canoeing	Hockey	Rock Climbing	Tai Chi
Cardio Machines	Home Repair	Roller Skating	Tennis
Cardio Tennis	Horseback Riding	Rope Jumping	Track & Field
Charity Events	Horseshoe Pitching	Rowing	Trampoline
Cheerleading	Household Tasks	Rowing Machine	Unicycling
Circuit Training	Inline Skating	Rugby	Volleyball
Cricket	Jai Alai	Running	Walking
Croquet	Juggling	Sailing	Water Aerobics
Cross Country	Kayaking	Scuba Diving	Water Polo
Skiing	Lacrosse	Shuffleboard	Water Skiing
Curling	Lawn Bowling	Skateboarding	Weight Training
Dancing	Lifting/Hauling	Skating	Whitewater
Darts	Listening to Music	Ski Jumping	Rafting
Diving	Marching	Skimobiling	Wind Surfing
Dog Walking	Martial Arts	Sky Diving	Wrestling
Downhill Skiing	Meditation	Sledding	Yoga
Fencing	Motor Cross	Snorkeling	
Field Hockey	Mountain Biking	Snowboarding	
Figure Skating	Mountain Climbing	Snowmobiling	
		Snowshoeing	



Tech TY provide a product called Group Heartbeat Counter™ that will count and display total heartbeats in support of your programs and events.

For more information please email sandymasin@techty.org