150 ways to get 150 minutes of activity a week:

At home:
1. Dusting
2. Sweeping
3. Mopping
4. Vacuuming
5. Putting dishes away
6. Putting laundry away
7. Cleaning the bathroom
8. Cleaning the kitchen
9. Taking out the trash
10. Taking out the recycling
11. Cooking
12. Gardening
13. Mowing the lawn
14. Walking the dog
15. Washing a car
16. Raking leaves
17. Shoveling snow
18. Spreading mulch
19. Climbing a tree
20. Chasing kids around yard

Outside activities:
21. Biking
22. Hiking
23. Rock climbing
24. Slacklining
25. Repelling
26. Walking
27. Jogging
28. Running
29. Skipping
30. Jump rope
31. Skateboarding
32. Rollerblading
33. Paintball
34. Unicycle
35. Obstacle course races
36. Playing tag
37. Playing catch
38. Hula hooping
39. Jumping on a trampoline
40. Playing at the park-monkey bars, swings, slide, etc.

Cold-weather activities:
41. Ice climbing
42. Snowshoeing
43. Downhill skiing
44. Cross country skiing
45. Snow boarding
46. Tubing

Sports:
47. Tennis
48. Volleyball
49. Basketball
50. Football
51. Rugby
52. Netball
53. Pickle Ball
54. Badminton
55. Baseball
56. Softball
57. Cornhole
58. Disc golf
59. Dodgeball
60. Flag football
61. Outdoor soccer
62. Indoor soccer
63. Racquetball
64. Squash
65. Sand volleyball
66. Table tennis
67. Kan Jam
68. Spikeball
69. Kickball
70. Ultimate disc
RECREATIONAL SPORTS

71. Wallyball
72. Cheerleading
73. Archery
74. Bowling
75. Crew
76. Cricket
77. Horseback riding
78. Fencing
79. Field hockey
80. Golf
81. Gymnastics
82. Lacrosse
83. Handball
84. Triathlon
85. Twirling
86. Ice skating
87. Benchball
88. Bubble soccer
89. Quidditch
90. Wrestling
91. Water polo
92. Synchronized swimming
93. Diving
94. Roller hockey
95. Ice hockey
96. Bocce

Martial arts:
97. Tai chi
98. Karate
99. Aikido
100. Judo
101. Jujutsu
102. Kung Fu
103. Tang Soo Do
104. Muay Thai
105. Kendo
106. Taekwondo
107. Krav Maga
108. MMA

Water:
109. Swimming laps
110. Water aerobics
111. Treading water
112. Water skiing
113. Wake boarding
114. Kayaking
115. Canoeing
116. SUP
117. Surfing
118. Boogeyboarding
119. Bodyboarding
120. Snorkeling
121. Scuba diving
122. Sailing
123. Pool battleship

Classes:
124. Yoga
125. Pilates
126. Circuit training
127. Resistance training
128. Weightlifting
129. Kickboxing
130. High intensity interval training (HIIT)
131. Zumba
132. Indoor cycle
133. Barre
134. Boot camp
135. TRX

Machines:
136. Rowing (Concept 2)
137. Ski Erg
138. Elliptical
139. Stairmaster

Everyday activities:
140. Park farther away
141. Take the long way on the walk back to the car
142. Take the stairs
143. Get off the bus or train early and walk the rest of the way

Workplace:
144. Walking meetings
145. Standing desk
146. Active job (like intramural official)
147. Walk to talk to someone rather than call or email
148. Walk to get lunch rather than delivery
149. Use the copier, restroom, etc., farthest from your desk
150. Sit on an exercise ball instead of a chair