

star qualified List

All exercises are not created equal. Don't let your partner convince you that 9 holes of golf is the same as a 30-minutes run. Exercises are broken down into two categories – Star-Studded and Star-Lite. Star-Lite exercises will require more time, based on your Fitness Level (below) to earn your star.

star-studded

Aerobics (high impact)
 Aerobics (step)
 Backpacking
 Basketball, game
 Bicycling (outdoor and stationary)
 Boxing, in ring, sparring, punching bag
 Broomball
 Calisthenics (pushups, sit-ups), vigorous effort
 Canoeing, rowing, vigorous effort
 Circuit training
 Cross country snow skiing
 Dancing, aerobic, ballet or modern, fast
 Fencing
 Elliptical/Cross-trainer
 Football, competitive
 Football, touch, flag, general
 Handball
 Hiking, cross country
 Hockey, field, ice
 Jai alai
 Jazzercise®
 Jogging/Running
 Judo, karate, kick boxing, tae kwon do
 Kayaking
 Kickball
 Lacrosse
 Lacrosse
 Marching, rapidly, military
 Polo
 Race walking
 Racquetball
 Rock Climbing
 Rollerblading
 Rowing, stationary, moderate to vigorous effort
 Rugby
 Skating, ice, speed
 Skating, roller
 Ski machine
 Skiing, cross-country, moderate to vigorous effort
 Skiing, water
 Ski-mobiling, water
 Skin diving, scuba diving
 Sledding, tobogganing, bobsledding, luge
 Snow shoeing
 Soccer
 Squash

	<u>star-studded</u> workout time	<u>star-Lite</u> workout time
beginner:	20 minutes	30 minutes
intermediate:	30 minutes	45 minutes
advanced:	45 minutes	60 minutes

star-Lite

Aerobics (low impact)
 Archery
 Badminton
 Basketball, leisurely
 Billiards
 Bowling
 Calisthenics, light/moderate effort
 Canoeing, light effort
 Cricket
 Croquet
 Curling
 Dancing, ballroom, slow
 Football leisurely
 Frisbee
 Golfing (walking, without cart)
 Gymnastics
 Hacky sack
 Ice Skating, Leisurely
 Kayaking
 Moto-cross
 Paddleboat
 Pilates
 Skateboarding
 Snorkeling
 Snow skiing, downhill
 Snowmobiling
 Softball or baseball, fast or slow pitch
 Stretching, hatha yoga
 Surfing, body or board
 Swimming, treading water, moderate effort
 Tai chi
 Tennis (doubles)
 Unicycling
 Volleyball
 Walking
 Water aerobics, water calisthenics
 Water volleyball
 Weight lifting, light or moderate effort
 Yoga

Stair-treadmill
Skipping rope
Stair climber machine
Swimming
Tae Bo
Tennis
Volleyball, beach Water polo
Weight lifting or body building, vigorous effort
Whitewater rafting, kayaking, or canoeing