

THE
MOVEMENT
MENU

Starters

Cleaning

Dancing

Gardening

Walking

Sports

Sides

Yoga

Pilates

Tai Chi

Martial Arts

Fencing

Rollerskating

Skateboarding

Main

Biking

Running/Jogging

Lifting Weights

Jazzercise

Zumba

Swimming

Dessert

Playing tag with kids

Hiking

Sex!

Skiing/Snowboarding

Surfing

Horseback Riding

Rock Climbing