

WORLD FIT Sports and Activities

This list includes outside activities and sports that count toward WORLD FIT miles. Each day a child participates in their sport and/or activity they can include it when they log their walking miles on the website.

Aerobics, Archery, Badminton, Baseball, Basketball, Biathlon, Bicycling, Bobsled, Boccia, Bowling, Boxing, Canoeing, Climbing, Cricket, Curling, Dance, Decathlon, Discus, Diving, Dodgeball, Equestrian (horseback riding), Fencing, Field Hockey, Football, Free diving (snorkeling), Goalball, Golf (with cart), Golf (without cart), Gymnastics, Hammer throw, Handball, High jumping, Hockey, Hurdles, Isometric exercises, Jet skiing, Judo, Karate, Kayaking, Kickball, Lacrosse, Lawn bowling, Long jumping, Luge, Modern Pentathlon, Paddleboarding, Pilates, Plyometric exercises, Pole vaulting, Polo, Raquetball, Rollerblading, Rowing, Running/Jogging, Sailing, SCUBA diving, Shooting, Shot put, Shuffleboard, Skateboarding, Skeleton, Ski jumping, Skiing, Snowboarding, Soccer, Softball, Speed Skating, Spinning, Squash, Stair Climb, Stretching, Surfing, Swimming, Synchronized Swimming, Table Tennis, Taekwondo, Tai Chi Chuan, Team Handball, Tennis (doubles), Tennis (singles), Trampoline, Triathlon, Triple jumping, Ultimate Frisbee, Volleyball, Walking, Water Polo, Weightlifting, Wheelchair exercise, Windsurfing, Wrestling, Yoga