

# Family Connections

## Samples of Qualifying Activities

(Examples ONLY, not a full inclusive list)

### Recreation/Fitness

#### **Physical Fitness Activities**

- *Aerobics/Yoga*
- *Cardio*
- *Swimming*
- *Weight Training*
- *Walking/Running*

#### **Outdoor Activities**

- *Bicycling*
- *Cross Country Skiing*
- *Golf*
- *Kayaking*
- *Paddleboating*
- *Sailing*
- *Horseback Riding*

#### **At home type work**

- *Gardening*
- *Lawn Mowing*
- *Home Repair*
- *Cleaning House*

#### **Individual/Team Sports**

- *Baseball*
- *Basketball*
- *Softball*
- *Volleyball*
- *Bowling*
- *Martial Arts*
- *Rollerskating/blading*
- *Soccer*
- *Tennis*

### Education

**Health & Nutrition**

**Cultural**

**Reading/Research**

**Cooking**

**Art**

**Music**

**Classes/Workshops**

**Crossword Puzzles**

### Installation/Community Events

**Wellness Fair**

**Soldier Show**

**Family Fun Day**

**Armed Forces Day**

**Kids Day**

**Tree Lighting**

**Post Cleanup**

**Winter Extravaganza**

**Army Concert**

**Volunteering**

**Church**

**Scouting**

