

JOIN US AT [STEPTEMBER.US](https://stepember.us)
SEPTEMBER 1 - 30



EXERCISE

TIPS & TRICKS

FUNDS RAISED SUPPORT



BREAK A SWEAT THIS STEPTEMBER

STEPtember welcomes all abilities — and it's about more than just steps. It's about moving in ways that work for you. We've got more than 80 activities that convert to steps — and if you don't find your fave activity on this list, no worries. Just pick the one that's closest to what you're doing.



Gymnastics



Meditation



Running



Volleyball



Badminton



Sailing



Boccia



Dancing



Hockey



Cycling



Golf



Horseback riding



Swimming



Soccer



Football



Rowing



Pilates



Karate



Wheelchair Sports



Walking

**CHECK OUT THE NEXT PAGE FOR SOME INDOOR WORKOUTS
IF YOU'RE NOT READY OR ABLE TO TAKE YOUR WORKOUT OUTSIDE**

WORKING OUT IN THE GREAT INDOORS: GETTING ACTIVE AT HOME

Got four walls? No sweat. You've got all you need to get active. We've curated some tips to help meet your activity goal from home.



Yoga



Cleaning your house



Stretching and Resistance-Band Workouts



Physical Therapy Exercises



Pilates



Dancing in your room



Handcycling



Walking Up and Down Your Stairs

TAKE IT ONLINE

Jump on YouTube and Instagram with these active influencers and find workouts that work for all abilities! They make it easy to make your movement count for something more.

Instagrammers



@homeworkouthub



@training_with_t



@kayla_itsines



@bradleysimmonds



@keepitcleaner



@home.exercises

Fitness YouTubers



Pamela Reif



Chloe Ting



Madfit



POPSUGAR Fitness



Fraser Wilson



SELF Magazine



Body Project

Inclusive Workouts



Anytime Fitness Virtual
Inclusive Workout — Option 1

Anytime Fitness Virtual
Inclusive Workout — Option 2



Hayley's Inclusive Workout
of the Week — Option 1

Hayley's Inclusive Workout
of the Week — Option 2



National Center on Health, Physical Activity,
and Disability — Inclusive 8-Minute Workout



Seated Wheelchair Zumba

The listed links and accounts do not constitute endorsements. Only you and your doctor know what's best for you. Please consult your doctor for medical and exercise advice.