

# 50 ways to GET ACTIVE in KAUST

1. Cycling
2. Walking
3. Use the stairs
4. GCC
5. Tennis
6. Squash
7. Diving
8. Bowling
9. Yoga
10. Boot Camp
11. Circuits
12. High Intensity Interval
13. Sikaran
14. Spinning
15. Gym
16. Running
17. Badminton
18. Climbing / Bouldering
19. Ballet
20. Basketball
21. Skateboarding
22. Rollerblading
23. Super Abs
24. Volleyball
25. Soccer / Football



26. Windsurfing
27. Wakeboarding
28. Stand up paddling
29. Baseball
30. Sailing
31. Swimming
32. Pedalo boat
33. Kayaking
34. Boccia
35. Ultimate Frisbee



36. Table tennis
37. Billiards/Pool
38. Air hockey
39. Golf
40. Kickboxing
41. Apnoe diving



42. Snorkeling
43. Dragon boat
44. Cricket
45. Racquetball
46. Scuba diving
47. Rugby
48. Karate



49. Zumba
50. Salsa

