

# Activity Translator

## Winter Edition

Even if an activity doesn't register on your step-counting device, it still "counts." Use this guide to help translate physical activities into steps.

| <b>Activity</b>                              | <b>Steps</b> |
|--|--------------|
| Aerobics.....15 minutes.....                 | 2,000        |
| Cross-country skiing...20 minutes.....       | 3,280        |
| Cycling.....13 mph for 7 minutes.....        | 2,000        |
| Dancing.....20 minutes.....                  | 1,860        |
| Ice skating.....30 minutes.....              | 2,520        |
| Kickboxing.....20 minutes.....               | 5,800        |
| Running.....9 minute mile for 15 minutes.... | 2,760        |
| Shoveling Snow.....20 minutes.....           | 2,660        |
| Spinning.....30 minutes.....                 | 4,000        |
| Swimming.....30 yards/minute for 1 hour..... | 2,000        |
| Vacuuming.....20 minutes.....                | 2,020        |
| Walking.....3 mph for 30 minutes.....        | 3,000        |
| Walking.....4 mph for 30 minutes.....        | 4,000        |
| Yoga.....30 minutes.....                     | 3,000        |

## Keep moving + get fit to:

- Relieve stress
- Improve sleep
- Strengthen bones and muscles
- Trim waistline
- Increase energy and self confidence
- Decrease the risk of chronic diseases



**Lorain County  
Public Health**

For the Health of Us All

# Activity Translator

## *Kids' Winter Edition*

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| <b>Activity</b>                              | <b>Steps</b> |
|--|--------------|
| Basketball.....30 minutes.....               | 4,140        |
| Bowling.....60 minutes.....                  | 5,220        |
| Cross-country skiing...20 minutes.....       | 3,280        |
| Dancing.....20 minutes.....                  | 1,860        |
| Hiking.....30 minutes.....                   | 6,510        |
| Ice skating.....30 minutes.....              | 2,520        |
| Jumping rope.....5 minutes.....              | 1,220        |
| Running.....9 minute mile for 15 minutes.... | 2,760        |
| Stretching.....10 minutes.....               | 60           |
| Swimming.....30 yards/minute for 1 hour..... | 2,000        |
| Walking.....2 mph for 30 minutes.....        | 2,000        |
| Walking.....3 mph for 30 minutes.....        | 3,000        |
| Weightlifting.....30 minutes.....            | 3,630        |
| Yoga.....30 minutes.....                     | 3,000        |

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