



Exercise Made Easy

Everyday activities can help you keep fit and sneak in more steps- no gym membership required!

Activity	Miles	Steps
Walking, stroll (2 mph), for 30 minutes	1	2,000
Walking, typical (3 mph), for 30 minutes	1.5	3,000
Walking, brisk (4 mph), for 30 minutes	2	4,000
Running (5.5 mph), for 11 minutes	1	2,000
Cycling (13 mph), for 7 minutes	1	2,000
Spinning for 30 minutes	2	4,000
Aerobics, moderate intensity, for 15 minutes	1	2,000
Dancing, moderate to rapid for 20 minutes	1	2,000
Roller blading for 3 miles	1	2,000
Swimming, 30 yards per minute, for 1 hour	1	2,000
Push mowing for 30 minutes	2.25	4,500
Planting for 30 minutes	1.5	3,000
Raking for 30 minutes	1	2,000
Digging for 30 minutes	2.5	5,000

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