

# 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