

Activity Translator

Kids' 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.

Activity	Steps
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

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