

<b>ACTIVITY</b>	<b>STEPS PER HOUR</b>
Adaptive Sports - Low Intensity	9,000
Adaptive Sports - Moderate to high Intensity	12,000
Aerobic / Dance / Fitness Class - Moderate to high intensity	8,600
Archery	7,000
Badminton	9,000
Basketball	13,200
Beach Volleyball	13,200
Boccia	6,600
Boot Camp	11,400
Boxing	9,400
Strength Training - low intensity	9,000
Strength Training - moderate to high intensity	12,000
Circuit Training - including HIIT - Moderate to High Intensity	12,500
Cricket	9,600
Cycling - Low Intensity	7,000
Cycling - Moderate to High Intensity	12,500
Cycling - Mountain Biking	17,000
Cycling - RPM/Spin Class	15,000
Dancing	9,480
Fencing	12,000
Football - Rugby, League, AFL, Touch, Oztag	12,400
Football - Soccer	14,000
Gardening - Low Intensity	6,000
Gardening - Moderate to High Intensity	7,600
Golf	6,800
Gymnastics / Cheerleading	9,600
Hand Cycling - Low Intensity	7,000
Hand Cycling - Moderate to High Intensity	12,500
Hockey - Field	13,200
Horse-riding	7,600
House Cleaning - Low Intensity	5,000
House Cleaning - Moderate to High Intensity	7,000
Hydrotherapy	7,000
Ice Skating	14,000
Lawn Bowls / Bocce - incl. Disability Lawn Bowls	6,600

Martial Arts	10,600
Netball	13,200
Paddling - Kayak, Canoe, Row - Low Intensity	7,000
Paddling - Kayak, Canoe, Row - Moderate to High Intensity	10,000
Paddling - Stand Up Paddleboard	12,000
Pilates	6,000
Physical Therapy - Low intensity	9,000
Physical Therapy - Moderate to High intensity	12,000
Playing with Pet/Dog	8,000
Rock Climbing	11,600
Rollerblading / Skating	14,000
Running - Low Intensity	14,000
Running - Moderate to High Intensity	19,600
Skateboarding	10,000
Skiing - Cross Country - Moderate to high Intensity	18,000
Skiing - Low Intensity	8,600
Skiing - Moderate to High Intensity	14,000
Skippping with a rope	9,200
Softball	10,000
Squash	12,200
Strenth Training - Low Intensity	9,000
Strength Training - Moderat to High Intensity	12,000
Surfing - incl. bodyboarding, bodysurfing, windsurf	6,000
Swimming - Low Intensity	11,600
Swimming - Moderate to High Intensity	13,400
Tai Chi	6,000
Tennis	12,000
Tennis - Table Tennis	8,000
Trampoline	7,000
Ultimate Frisbee	11,500
Volleyball	8,000
Walking - General pace (Aided/Unaided)	6,000
Walking - Hiking	12,000
Walking - In Water	9,000
Walking - Fast pace	13,000
Walking - Pushing a stroller	7,600
Walking - Pushing a wheelchair	7,600
Walking - Stair climbing	8,000

Walking - Using crutches	10,000
Water Aerobics	10,600
Water Polo	20,000
Weight Training - Moderate to High Intensity	10,000
Wheelchair - Manual - Low Intensity	9,600
Wheelchair - Manual - Moderate to High Intensity	14,000
Wheelchair sports - Basketball, Rugby, Tennis, AFL	15,600
Yoga - Low Intensity	5,000
Yoga - Moderate to High Intensity	8,000

