

Walkabout Program Equivalency Chart

It is important to exercise in a way that is fun for you. You are more likely to stick with an activity that you enjoy. And variety is great! Many of you have asked how to count “steps” for activities that may not register on the pedometer. Any of the physical activities listed below, **when done in moderate intensity for the recommended number of minutes, equals one kilometer of walking or 1300 steps**. Many of the activities below will register on your pedometer. An example would be walking the golf course. If you wear your pedometer, count the steps, but do not also add on the extra minutes. When you total your daily “steps” you may record the following activities as steps on the log sheet if they were **not** recorded on your pedometer:

Physical Activity	# minutes	
1. Aerobic Dance	11	** Moderate activity is anything that makes you breathe as hard as you do during a brisk walk. During moderate activities you notice a slight increase in heart rate and breathing, but you probably won't break a sweat.
2. Backpacking	9	
3. Basketball	9	
4. Bicycling	11	
5. Calisthenics	11	
6. Canoeing/rowing	11	
7. Stationary cycling	10	
8. Football (Touch)	11	
9. Gardening (Active)	30	
10. Golfing	19	
11. Hiking	11	
12. Jogging	8	
13. Mountain Climbing	9	
14. Racquetball/handball	11	
15. Rope Skipping	8	
16. SCUBA Diving	11	
17. Skating	11	
18. Skiing (Cross country)	9	
19. Skiing (Downhill)	11	
20. Soccer	9	
21. Stair/bench stepping	10	
22. Swimming	11	
23. Table Tennis	23	
24. Tennis	11	
25. Volleyball	15	
26. Water-skiing	11	
27. Weight training circuit	11	

Source: “Walking In The Way” by Ronnette Sailors