

| ACTIVITY | STEPS PER HOUR |
|---------------------------------|-----------------------|
| Adaptive Sports (Low) | 9,000 |
| Adaptive Sports (Moderate-high) | 12,000 |
| Aerobic/Dance/Fitness Class | 8,700 |
| Archery | 7,000 |
| Badminton | 9,000 |
| Basketball | 13,200 |
| Beach Volleyball | 10,800 |
| Boccia | 6,600 |
| Boxing | 9,400 |
| Circuit Training | 12,500 |
| Cricket | 9,600 |
| Cycling (outdoor, stationary) | 9,000 |
| Dancing | 9,480 |
| Fencing | 12,000 |
| Football | 12,400 |
| Gardening | 6,500 |
| Golf | 5,000 |
| Gymnastics | 9,600 |
| Hand Cycling (Low) | 7,000 |
| Hand Cycling (Moderate-High) | 12,500 |
| Hockey | 13,200 |
| Horse-riding | 7,600 |
| House Cleaning | 6,000 |
| Hydrotherapy | 7,000 |
| Ice Skating | 10,000 |
| Kayak/Canoe/SUP | 10,000 |
| Lawn Bowls | 6,600 |
| Martial Arts | 10,600 |
| Mountain Biking | 17,000 |
| Netball | 13,200 |
| Paddleball/Pickleball | 8,000 |

| ACTIVITY | STEPS PER HOUR |
|-------------------------------------|-----------------------|
| Physical Therapy (Low) | 9,000 |
| Physical Therapy (Moderate-High) | 12,000 |
| Pilates (Mat) | 6,000 |
| Pilates (Reformer) | 9,000 |
| Playing with Pet/Dog | 8,000 |
| Rock Climbing/Bouldering | 11,600 |
| Rollerblading/Skating | 9,400 |
| Rope Skipping | 9,200 |
| Rowing | 10,000 |
| Running (treadmill, outdoor) | 10,000 |
| Skateboarding | 10,000 |
| Skiing (Low) | 8,600 |
| Skiing (Moderate-High) | 14,000 |
| Soccer | 14,000 |
| Softball | 10,000 |
| Spin Class/RPM | 15,000 |
| Squash | 12,200 |
| Strength/Weight Training | 9,000 |
| Surfing - wind/body/board | 10,000 |
| Swimming | 12,000 |
| Table Tennis | 8,000 |
| Tai Chi | 5,000 |
| Tennis | 12,000 |
| Trampoline | 7,000 |
| Ultimate Frisbee | 11,500 |
| Volleyball | 8,000 |
| Walking | 8,000 |
| Water Aerobics | 10,600 |
| Water Polo | 14,000 |
| Wheelchair - Manual (Low) | 9,600 |
| Wheelchair - Manual (Moderate-High) | 14,000 |



| <i>ACTIVITY</i> | <i>STEPS PER HOUR</i> |
|------------------------|------------------------------|
| Wheelchair sports | 15,600 |
| Yoga (Low) | 5,000 |
| Yoga (Moderate-High) | 8,000 |