

Activity - General Description	Steps per hour
Aerobic / Dance / Fitness Class - Moderate Intensity	11,000
Aerobic / Dance / Fitness Class - High Intensity	14,600
Archery	8,600
Athletics - Track and Field	12,000
Badminton	11,000
Basketball	16,000
Beach Volleyball	16,000
Boccia	6,600
Boot Camp	10,000
Boxing	15,600
Calisthenics - Moderate Intensity	7,600
Calisthenics - High Intensity	16,000
Circuit Training - Moderate Intensity	8,600
Circuit Training - High Intensity	16,000
Cricket	9,600
Cycling - Low Intensity	7,000
Cycling - Moderate Intensity	11,600
Cycling - High Intensity	20,000
Cycling - Mountain Biking	17,000
Cycling - RPM/Spin Class	17,000
Diving - springboard or platform	6,000
Fencing	12,000
Football - Rugby, League, AFL, Touch	16,000
Football - Soccer	20,000
Gardening - Low Intensity	6,000
Gardening - Moderate Intensity	7,600
Gardening - High Intensity	10,000
Golf - Walking	8,600
Golf - Power Cart	7,000
Gymnastics / Cheerleading	12,000
Hockey - Field	15,600
Hockey - Ice	16,000
Horse-riding	7,600
House Cleaning - Low Intensity	5,000
House Cleaning - Moderate Intensity	7,000
House Cleaning - High Intensity	13,000
Hydrotherapy	7,000
Ice Skating	14,000
Lawn Bowls / Bocce	6,600
Martial Arts	10,600
Netball	13,000

Paddling - Kayak, Canoe, Row - Low Intensity	7,000
Paddling - Kayak, Canoe, Row - Moderate Intensity	10,000
Paddling - Kayak, Canoe, Row - High Intensity	11,600
Paddling - Stand Up Paddleboard	12,000
Pilates	6,000
Playing with Pet/Dog	8,000
Rock Climbing	11,600
Rollerblading / Skating	14,000
Running - incl. Racerunning - Low Intensity	14,000
Running - incl. Racerunning - Moderate Intensity	19,600
Running - incl. Racerunning - High Intensity	24,600
Sailing / Yachting	6,600
Skateboarding	10,000
Skiing - Low Intensity	8,600
Skiing - Moderate Intensity	14,000
Skiing - High Intensity	16,000
Skiing - Cross Country - Moderate Intensity	18,000
Skiing - Cross Country - High Intensity	25,000
Skipping with a rope	24,600
Softball / Baseball	10,000
Squash	14,600
Surfing - incl. bodyboarding, bodysurfing, windsurfing	6,000
Swimming - Low Intensity	11,600
Swimming - Moderate Intensity	14,000
Swimming - High Intensity	16,600
Tai Chi	6,000
Tennis	14,600
Tennis - Table Tennis	8,000
Trampoline	7,000
Ultimate Frisbee	16,000
Video workout - Moderate Intensity	8,000
Video workout - High Intensity	12,000
Volleyball	8,000
Wakeboarding / Water skiing	12,000
Walking - General	6,000
Walking - Hiking	12,000
Walking - In Water	9,000
Walking - Power	13,000
Walking - Pushing a pram	8,000
Walking - Pushing a wheelchair	7,600
Walking - Stair climbing	8,000
Walking - Using crutches	10,000
Water Aerobics	10,600

Water Polo	20,000
Water Volleyball	6,000
Weight Training - Moderate Intensity	10,000
Weight Training - High Intensity	12,000
Wheelchair - Basketball	15,600
Wheelchair - Manual - Low Intensity	9,600
Wheelchair - Manual - Moderate Intensity	14,000
Wheelchair - Manual - High Intensity	17,000
Wrestling	12,000
Yoga - Low Intensity	5,000
Yoga - Moderate Intensity	8,000

MADE POSSIBLE BY



STEP UP AT STEPTEMBER.ORG.AU

1 - 28 SEPT 2020

GLOBAL PARTNER

