

Activity - General Description
Aerobic / Dance / Fitness Class - Moderate Intensity
Aerobic / Dance / Fitness Class - High Intensity
Archery
Athletics - Track and Field
Badminton
Basketball
Beach Volleyball
Boccia
Boot Camp
Boxing
Calisthenics - Moderate Intensity
Calisthenics - High Intensity
Circuit Training - Moderate Intensity
Circuit Training - High Intensity
Cricket
Cycling - Low Intensity
Cycling - Moderate Intensity
Cycling - High Intensity
Cycling - Mountain Biking
Cycling - RPM/Spin Class
Diving - springboard or platform
Fencing
Football - Rugby, League, AFL, Touch
Football - Soccer
Gardening - Low Intensity
Gardening - Moderate Intensity
Gardening - High Intensity
Golf - Walking
Golf - Power Cart
Gymnastics / Cheerleading
Hockey - Field
Hockey - Ice
Horse-riding
House Cleaning - Low Intensity
House Cleaning - Moderate Intensity
House Cleaning - High Intensity
Hydrotherapy
Ice Skating
Lawn Bowls / Bocce
Martial Arts
Netball

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



Water Aerobics
Water Polo
Water Volleyball
Weight Training - Moderate Intensity
Weight Training - High Intensity
Wheelchair - Basketball
Wheelchair - Manual - Low Intensity
Wheelchair - Manual - Moderate Intensity
Wheelchair - Manual - High Intensity
Wrestling
Yoga - Low Intensity
Yoga - Moderate Intensity

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MADE POSSIBLE BY

