

# Activity Conversions



## DID YOU KNOW?

Children spend more than seven and a half hours a day in front of a screen (e.g., TV, Video-games, Computer).

The general recommendation is to walk 10,000 steps per day.

The longest walk around the world was completed by Jean Beliveau. He walked 46,600 miles around 64 countries.

On average, a person would need to walk seven hours to burn off a Super-Sized Coke, fries, and a Big Mac.

Activity	Steps Per Minute	Steps Times 30 Min.
Basketball	186	5,580
Dancing	205	6,150
Vacuuming	94	2,820
Playing Catch	97	2,910
Soccer	328	9,840
Walking (Moderate)	134	4,020
Mowing Lawn	120	3,600
Weight Lifting	67	2,010
Washing a Car	71	2,130
Gardening	80	2,400
Football	199	5,970
Home/Auto Repair	91	2,730
Shopping	70	2,100
Kick boxing	290	8,700
Yoga	45	1,350

For more information and to register visit [www.fontanawalks.org](http://www.fontanawalks.org) or email [healthy@fontana.org](mailto:healthy@fontana.org)

