

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.

<u>Activity</u>	<u>Steps Per Minute</u>	<u>Steps Times 30 Min.</u>
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

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or email healthy@fontana.org