



# Bloom into Spring Challenge

## Exercise Conversion Chart

Choose from the list of aerobic activities below and complete the minimum minutes to equal 2,000 steps.

Activity Level	Aerobic Activities	Minutes to Equal 2,000 Steps
<b>Light Activity</b>	Walking (less than 3 mph), gardening, bowling, painting, car washing, fishing, golf (walking), slow treading in the pool, housework	20 minutes of activity = 2,000 steps
<b>Moderate Activity</b>	Walking (3+ mph), softball, weightlifting, dancing, barn cleaning, racquetball, tennis, volleyball, yoga, swimming (recreational), water aerobics	15 minutes of activity = 2,000 steps
<b>Vigorous Activity</b>	Running, exercise classes: i.e. (spinning, step, kickboxing, body pump, circuit), basketball, soccer, martial arts, boxing, chopping wood, swimming fast laps, competitive dancing	10 minutes of activity = 2,000 steps

*\*Please consult with your doctor before beginning an exercise program.*