

ACTIVITY CONVERTED TO STEPS

Physical Activities Can be Fun AND Healthy!

There are many ways to be more physically active without being involved in organized sports or going to the gym. Counting steps is a fun way to determine if you are getting enough physical activity every day and the table below shows how many steps the average Middle School boy and girl get for doing of some of their favorite activities.



Children

ACTIVITY	STEP PER MINUTE: (M) ¹ (F) ²	
Bicycling (moderate)	226	218
Soccer	301	291
Basketball	226	218
Dancing	113	146
Swimming (leisure)	150	182
Walking	75	109
Washing the car	75	73
Shopping in the mall	75	73
Inline skating	237	237
Volleyball	113	109
Field Hockey	226	218
Cheerleading	113	109
Bowling	75	73
Baseball	150	146
Clearing dishes	75	75
Skiing (downhill, moderate)	150	182
Flag football	226	218
Ultimate frisbee	226	218
Horseback riding	113	109
Miniature golf	75	73

So the average Middle School girl would get 1460 steps just for shopping in the mall for 20 minutes. The average boy would earn an equivalent of 1500 steps while washing the family car for 20 minutes! As you can see, doing fun activities throughout the day can make those steps really add up!

¹ACCORDING TO CDC GROWTH CHARTS, THE AVERAGE 13 YEAR OLD BOY IS 62 INCHES TALL AND WEIGHS 98 LBS.

²ACCORDING TO CDC GROWTH CHARTS, THE AVERAGE 13 YEAR OLD GIRL IS 62 INCHES TALL AND WEIGHS 102 LBS.

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America On the Move, with support from **LEAN CUISINE**, presents the Healthcare Professional Toolkit, designed to show patients how small steps can lead to big changes that improve health and quality of life.

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