



Coaching For A New You

**There are many ways to fit 2000 more steps into your day.
Below is an approximate equivalency guide.**

Activity	Approximate Minutes Needed for 2000 Steps	
	MALE	FEMALE
Baseball	15	14
Bicycling	10	10
Bowling	28	28
Canoeing	22	21
Dancing	18-27	17-28
Gardening	13-18	14-16
Golfing	18-22	17-20
Elliptical Jogger	8	8
Ice Skating	11	10
Jogging	11	10
Mowing	15	14
Running	5-6	4-6
Shoveling Snow	14	12
Stairs Up	8	9
Stairs Down	27	28
Swimming	7-11	7-10
Tai Chi	15	14
Tennis	10-13	9-12
Vacuuming	27	21
Walking	20	20
Washing the car	27	28
Yoga	37	28