



STEPS FOR LYMPHOMA

Convert Your Activity To Steps

STEPS For Lymphoma is an event accessible to anyone. For those who ride, row or wheel, feel free to convert your activity into STEPS using the chart below. Simply multiply the number of minutes you did the activity by the number of steps indicated on the chart. For example, 30 minutes of pilates equals 3000 steps (30 minutes x 100). If your activity is not listed below, find the one most similar and estimate the activity's step value or contact us at fundraise@lymphoma.org.au for more information.

Physical Activity	Steps per minute
Bowling	55
Boxing	131
Cycling, 16 kmph	93
Cycling, 24 kmph	160
Cycling, 32 kmph	200
Horseriding	116
Karate	180
Pilates	100
Punching Bag	180
Rock Climbing	270
Rowing, Heavy	250
Rowing, Moderate	150
Rowing, Leisure	75
Sailing	91
Surfing	95
Weight Lifting (moderate)	87
Wheelchair	101
Yoga	70