

Step equivalents for the following activities

| | # of STEPS | 1 min | 15 min |
|--------------------------------|------------|-------|--------|
| Aerobic dance | 197 | 2,955 | |
| Backpacking | 195 | 2,955 | |
| Baseball | 111 | 1,665 | |
| Basketball, shooting baskets | 136 | 2,040 | |
| Basketball game | 242 | 3,630 | |
| Canoeing | 106 | 1,590 | |
| Cricket | 111 | 1,665 | |
| Dancing | 148 | 2,220 | |
| Elliptical jogger | 227 | 3,405 | |
| Electronic sports (Wii/PS3) | 91 | 1,365 | |
| Football | 242 | 3,630 | |
| Frisbee | 91 | 1,365 | |
| Golf | 136 | 2,040 | |
| Health club exercise, general | 167 | 2,505 | |
| Hiking | 182 | 2,730 | |
| Hockey (field and ice) | 242 | 3,630 | |
| House or garage cleaning | 91 | 1,365 | |
| Jazzercise | 182 | 2,730 | |
| Jogging | 212 | 3,180 | |
| Jump rope | 303 | 4,545 | |
| Kayaking | 152 | 2,280 | |
| Kickball | 212 | 3,180 | |
| Miniature golf | 91 | 1,365 | |
| Pilates | 76 | 1,140 | |
| Pickle Ball | 166 | 2,490 | |
| Racquetball | 212 | 3,180 | |
| Rebounding | 280 | 4,200 | |
| Rollerskating or rollerblading | 115 | 1,725 | |
| Skateboarding | 152 | 2,280 | |
| Soccer | 212 | 3,180 | |
| Softball | 152 | 2,280 | |
| Standing at Work Desk | 46 | 690 | |
| Step aerobics | 273 | 4,095 | |
| Swimming, leisurely | 182 | 2,730 | |
| Table tennis | 121 | 1,815 | |
| Tai Chi | 121 | 1,815 | |

Activities continued ...

| | # of STEPS | 1 min | 15 min |
|---------------------------------|------------|-------|--------|
| Tennis | 212 | 3,180 | |
| Vacuuming | 94 | 1,410 | |
| Volleyball | 121 | 1,815 | |
| Water aerobics | 121 | 1,815 | |
| Waterskiing | 133 | 1,995 | |
| Weight lifting, moderate effort | 121 | 1,815 | |
| Wheelchair use (manual) | 101 | 1,515 | |
| Yoga | 76 | 1,140 | |
| Zumba | 148 | 2,220 | |

Green activities

| | | |
|------------------------------------|-----|-------|
| Bicycling | 242 | 3,630 |
| Gardening, general | 121 | 1,815 |
| Hanging laundry on clothes line | 72 | 1,080 |
| Lawn mowing (push mower) | 242 | 3,630 |
| Community clean-up | 145 | 2,145 |
| Trimming trees and bushes manually | 116 | 1,740 |
| Walking, slow | 68 | 1,020 |
| Walking, moderate | 122 | 1,830 |
| Walking, fast | 197 | 2,955 |
| Washing the car manually | 87 | 1,305 |
| Washing/drying dishes manually | 72 | 1,080 |
| Washing laundry manually | 72 | 1,080 |
| Washing windows manually | 87 | 1,305 |

Have **fun**,
improve your **health**, and
help your **community** be
green, all at the same time!

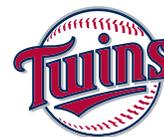


MAY 4–MAY 31, 2014

www.steptoit.org



Hennepin County
Public Health Department
Public Health Promotion
612-348-7550



STEP TO IT CHALLENGE

Walking lets you have fun and improve your health at the same time.



Ready, Set, Go!

Walking widely recommended for its health benefits. It is done easily by anyone at any time in most any place, both indoors and out. Walking is gentle on the joints and when done at a proper pace, is every bit as good for your lungs and heart as running. Walking can help you live longer, sleep better, lose weight and strengthen muscle and bones. It also helps relieve tension and stress and leaves you feeling physically and mentally better.

Do you have a competitive spirit? Do you want a fun and easy way to get in shape and live green this spring? Then the four-week Step To It Challenge from May 4–May 31 is for you!

Get active with your community!

After a long winter, the Step To It Challenge is a great way to get moving again while re-connecting with family, friends, and neighbors. Twenty three communities will compete to see which has the most active residents. This year participants are also encouraged to “Take Green Strides” to save energy and natural resources! Walk or bike to your destination, pick up litter in your local park, or help plant a community garden. These activities keep your community green while helping you earn steps for the Step To It Challenge.

Step To It Challenge communities

- ◆ Bloomington
- ◆ Brooklyn Center
- ◆ Brooklyn Park
- ◆ Champlin
- ◆ Crystal
- ◆ Eden Prairie
- ◆ Excelsior
- ◆ Golden Valley
- ◆ Hopkins
- ◆ Little Earth of United Tribes
- ◆ Maple Grove
- ◆ Maple Plain
- ◆ Minnetonka
- ◆ Minnetonka Beach
- ◆ New Hope
- ◆ Orono
- ◆ Osseo
- ◆ Plymouth
- ◆ Richfield
- ◆ Robbinsdale
- ◆ Rogers
- ◆ Sabathani Community
- ◆ Shorewood
- ◆ St. Louis Park

How does the Step To It Challenge work?

As a Step To It participant, you will keep an ongoing total of the steps you take during the challenge. Activities such as biking, collecting litter, Tai Chi, or even just mowing the lawn count toward overall steps. By using an activity conversion chart at www.steptoit.org, the Step To It Web site allows you to record and track your steps online. At the close of the challenge, the community with the most steps and the individuals from each community with the most steps will be honored by Hennepin County and the Minnesota Twins at a Twins home game. Participating in the Challenge is fun, green, and best of all, it's FREE!

How do I get started?

If you live or work in any of the participating cities, then all you need to do is:

- ◆ Register online at www.steptoit.org beginning April 1.
- ◆ Log your steps online, daily or weekly, beginning May 4.
- ◆ Enjoy your physical activity and greener community.

You may also fax or call in your weekly steps if you do not have access to the Internet.

Fax: 612-348-7548 Phone: 612-348-5618