



## Attachment A. Walking Challenge Activity Converter Options

### ADA Compliant Conversions

Activities that can be converted into steps. Log them by using your app or desktop WalkerTracker profile to be converted.

Rowing	Swimming hard	Swimming, leisure
Swimming, treading water	Water Aerobics	Weight lifting
Wheelchair	Yoga / Stretching	

Aerobics	Badminton, casual	Ballet dancing
Barre	Baseball	Basketball
Bicycling (leisurely, < 12mph/20kph)	Bicycling (moderate, 12-14mph/20-22kph)	Bicycling (vigorous, 14mph+ / 22kph+)
Billiards/pool	Bocce	Body Weight Exercises (Squats, etc)
BodyAttack(tm)	BODYJAM(tm)	BodyPump(tm)
Bowling	Boxing	Calisthenics
Canoeing	Circuit training	Climbing, rock or mountain
Cricket	Croquet	Cross Training
CrossFit fast (tm)	CrossFit slow (tm)	Curling
Dancing	Dodgeball	Elliptical trainer
Fencing	Firewood-carrying, chopping	Football (American)
Frisbee	Golf, (in a cart)	Golf, Walking
Gymnastics	Handball	HIIT (High intensity interval training)
Hiking	Hockey, field & ice	Horseback riding
Horseshoes	Housework	Hula Hooping
Ice skating	Jogging	Judo & Karate
Jumping Rope, fast	Jumping Rope, moderate	Kayaking
Kettlebell/Ropes/Steel Mace	Kickball	Kickboxing
Kiteboarding / Windsurfing	Lacrosse	Miniature golf
P90X (tm)	Paddle Boarding	Pickleball
Pilates	Ping Pong	Plyometrics
Punching bag	Racquetball, casual	Racquetball, competitive
Rugby	Running, 10 min. mile/6:12 kilometer	Running, 12 min. mile/7:22 kilometer
Running, 7 min. mile/4:20 kilometer	Running, 8 min. mile/4:58 kilometer	Running, 9 min. mile/5:35 kilometer
Running, average	Sailing	Scuba diving
Shoveling snow	SilverSneakers (tm)	Sit-ups / Push-ups / Crunches
Skateboarding	Skating	Ski machine
Skiing (cross-country)	Skiing (downhill)	Sledding
Snowboarding	Snowshoeing	Soccer
Softball	Spinning (bike)	Squash
Stair climbing, down stairs	Stair climbing, machine	Stair climbing, up stairs
Strength	Surfing	Tabata
Tae Bo	Tae Kwon Do	Tai chi
Tennis	Trampoline	Volleyball
Walking (kilometers of)	Walking (miles of)	Walking, average
Walking, brisk	Walking, stroll	Water polo
Waterskiing / Wakeboarding	Wrestling	Yard work / Gardening
Zumba (tm)		