

## There Are Many Ways to Get 2,000 Extra Steps\*



*Meet your goal of 2,000 extra steps every day with fun and useful activities*

Activity	Minutes needed for 2,000 steps			
	Boys	Girls	Men	Women
Bicycling (moderate speed)	almost 9	9	10	10
Soccer	6-7	6-7	12-13	8-10
Basketball	almost 9	9	14-16	10-12
Dancing	almost 18	almost 14	18-27	17-28
Swimming (moderate speed)	13	11	10-11	10-11
Walking	15-20	15-20	15-20	15-20
Bowling	26-27	26-27	27-28	28
Baseball	13-14	14	14	15-16
Football	9	9	10	9-10
Washing the car	26-27	26-27	26-27	28

\*Adapted from America On the Move Foundation, 2005.