

Warning: Check with your healthcare provider before starting a new exercise program or making lifestyle changes.

Outdoor fitness – Walking, Running, hiking, etc. (without synced fitness tracker)	1 Mile = 2000 steps	Housework	71
Aerobic, dancing class	127	Mowing (not riding)	201
Aerobic, fitness class	181	Pilates	105
Aerobic, step class	153	Rowing	147
Ballet	120	Running	290
Baseball	111	Soccer	200
Basketball	242	Stairs	181
Biking	200	Swimming	181
Circuit training	232	Tennis	232
Dance	131	Water aerobics\excercise	116
Elliptical	203	Weight lifting	174
Football	230	Yard work	125
Golf (no cart)	181	Yoga	72
Horseback riding	116	Zumba	148