

# Cerebral Palsy ALLIANCE RESEARCH FOUNDATION

| Activity   | Steps per<br>hour |
|--|-------------------|
| Adaptive Sports - Low Intensity                                | 9600              |
| Adaptive Sports - Moderate to high Intensity                   | 13400             |
| Aerobic / Dance / Fitness Class - Moderate to high intensity   | 8600              |
| Athletics - Track & Field                                      | 12000             |
| Badminton  | 9000              |
| Baseball   | 9000              |
| Basketball   | 9000              |
| Boccia   | 6600              |
| Boot Camp (CrossFit)   | 11400             |
| Boxing   | 12500             |
| Cheerleading   | 6000              |
| Circuit Training (including HIIT) - Moderate to High Intensity | 12000             |
| Cricket  | 9000              |
| Cycling - Low Intensity  | 7000              |
| Cycling - Moderate to High Intensity                           | 12000             |
| Cycling - Mountain Biking                                      | 12000             |
| Cycling - RPM/Spin Class                                       | 12000             |
| Dancing  | 6500              |



| Activity   | Steps per<br>hour |
|--|-------------------|
| Elliptical                                       | 10000             |
| Fencing  | 8000              |
| Football   | 10000             |
| Gardening  | 5000              |
| Golf   | 6800              |
| Gymnastics                                       | 7200              |
| Hand Cycling - Low Intensity                     | 7000              |
| Hand Cycling - Moderate to High Intensity        | 12000             |
| Hockey - Field or Ice                            | 10000             |
| Horse-riding                                     | 5400              |
| House Cleaning                                   | 5000              |
| Hydrotherapy                                     | 7000              |
| Ice Skating                                      | 6500              |
| Jumping Rope                                     | 12000             |
| Lacrosse   | 12000             |
| Lawn Bowls / Bocce - incl. Disability Lawn Bowls | 6500              |
| Martial Arts                                     | 10000             |
| Netball  | 9000              |



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| Activity  | Steps per<br>hour |
|---|-------------------|
| Paddleball / Pickleball                                   | 10000             |
| Paddling - Kayak, Canoe, Row - Low Intensity              | 6500              |
| Paddling - Kayak, Canoe, Row - Moderate to High Intensity | 10000             |
| Paddling - Stand Up Paddleboard                           | 10000             |
| Physical Therapy - Low intensity                          | 6000              |
| Physical Therapy - Moderate to High intensity             | 9000              |
| Pilates   | 6000              |
| Playing with Pet/Dog                                      | 6000              |
| Rock Climbing   | 10000             |
| Rollerblading / Skating                                   | 10000             |
| Running - Low Intensity                                   | 11000             |
| Running - Moderate to High Intensity                      | 17000             |
| Skateboarding   | 6500              |
| Skiing - Low Intensity                                    | 8000              |
| Skiing - Moderate to High Intensity                       | 10000             |
| Soccer  | 12000             |
| Softball  | 9500              |
| Strength Training - low intensity                         | 6500              |



| Activity  | Steps per<br>hour |
|---|-------------------|
| Strength Training - moderate to high intensity      | 12000             |
| Surfing - incl. bodyboarding, bodysurfing, windsurf | 6000              |
| Swimming - Low Intensity                            | 10000             |
| Swimming - Moderate to High Intensity               | 13400             |
| Tai Chi   | 3000              |
| Tennis  | 12000             |
| Tennis - Table Tennis                               | 7200              |
| Trampoline  | 6000              |
| Ultimate Frisbee                                    | 5500              |
| Volleyball  | 8000              |
| Walking - Fast pace                                 | 10000             |
| Walking - General pace (Aided / Unaided)            | 6000              |
| Walking - Hiking                                    | 10300             |
| Walking - Pushing a stroller                        | 8000              |
| Walking - Pushing a wheelchair                      | 7600              |
| Walking - Stair climbing                            | 9000              |
| Walking - Using crutches                            | 10000             |
| Water Aerobics                                      | 7000              |



| Activity   | Steps per<br>hour |
|--|-------------------|
| Water Polo                                       | 12000             |
| Weight Training - Moderate to High Intensity     | 10000             |
| Wheelchair - Low Intensity                       | 9000              |
| Wheelchair - Moderate to High Intensity          | 12000             |
| Wheelchair sports - Basketball, Football, Tennis | 12000             |
| Yoga - Low Intensity                             | 5000              |
| Yoga - Moderate to High Intensity                | 8000              |