

ONE FOOT FORWARD

the walk for mental health

ACTIVITY

KM PER HOUR

Adaptive Sports – Low Intensity	7
Adaptive Sports – Moderate to high Intensity	9
Aerobic / Dance / Fitness Class – Moderate to high intensity	6.5
Archery	5.5
Badminton	7
Basketball	10
Beach Volleyball	10
Boccia	5
Boot Camp	9
Boxing	7
Strength Training – low intensity	7

ONE FOOT FORWARD

Strength Training – Moderate to high Intensity	9
Circuit Training – including HIIT – Moderate to High Intensity	9.5
Cricket	7.5
Cycling– low intensity	5
Cycling – moderate to high intensity	9.5
Cycling – Mountain biking	13
Spin Class	11.5
Dancing	7
Fencing	9
Football – AFL, Oztag, Rugby and Touch Football	9.5
Football– Soccer	11
Gardening – low intensity	4.5
Gardening– moderate to high intensity	6
Golf	5
Gymnastics/Cheerleading	7

ONE FOOT FORWARD

Hand Cycling- low intensity	5
Hand Cycling – moderate to high intensity	9.5
Hockey – field hockey	10
House cleaning	6
Hydrotherapy	5
Iceskating	5
Lawn Bowls/Bocce including Disability Lawn Bowls	5
Paddling – Kayak, Canoe or Row – Low Intensity	5
Paddling- Kayak, Canoe or Row- Moderate to High intensity	7.5
Pilates	4.5
Physical Therapy – low intensity	7
Physical Therapy – moderate to high intensity	9
Playing with a Pet	6
Rock Climbing	9
Roller Blading/Skating	10.5
Skateboarding	7.5
Skiping with a rope	7

ONE FOOT FORWARD

Softball	7.5
Squash	9
Strength Training- low intensity	7
Strength Training- moderate to high intensity	9
Surfing – including bodyboarding, bodysurfing or windsurfing	4.5
Swimming – Low intensity	9
Swimming- Moderate to high intensity	10
Tai Chi	4.5
Tennis – Table Tennis	9
Tennis	6
Trampoline	5.5
Ultimate Frisbee	9
Volleyball	6
Water Polo	15
Water Aerobics	8
Weight Training – moderate intensity	7.5
Wheelchair – manual wheelchair low intensity	7.5

ONE FOOT FORWARD

Wheelchair – manual – moderate to high intensity	10.5
Wheelchair sports – Basketball, Rugby, Tennis, AFL	12
Yoga– Low intensity	4
Yoga – moderate to high intensity	6