Tips for Intentional Movement

OAC Step Challenge

Every step counts — and every movement matters! Intentional movement is about doing activity that feels good for your body. The below list offers flexible, inclusive activities that can be counted toward your step total using our Step Converter Tool.

Walking-Based Activities

- Walking (indoors, outdoors, treadmill, mall walking)
- Hiking or nature walks
- Stair climbing
- Walking a pet

Dance & Flow Movement

- Dancing (solo, with family, or in a class)
- Zumba or other dance fitness
- Tai Chi or Qi Gong
- Flow/stretch routines

Low-Impact & Adaptive Movement

- Chair exercises
- Seated yoga or stretching
- Water aerobics
- Physical therapy exercises

Cardio & Recreational Movement

- Biking or hand-cycling
- Swimming or aqua jogging
- Rowing (machine or boat)
- Elliptical workouts

Daily Life as Movement

- Gardening or yard work
- Cleaning and vacuuming
- Grocery shopping or running errands
- Playing with kids



Strength, Support and Stepping Forward, Together.

Tips for Getting Started:

- Start with 5–10 minutes and build up
- Choose movement that feels enjoyable
- Mix it up and stay motivated
- Listen to your body and rest when needed
- Celebrate progress, not perfection

Disclaimer: Always consult your doctor before starting any new fitness or exercise program.

Step Conversion Guide

OAC Step Challenge

All movement counts—for your health and for OAC's Step Challenge! Even if you're not walking, your activity still matters. Use this guide to convert non-walking activities into steps, so that every movement you make can help you reach your daily step goals.

How to Use This Guide:

- Use the chart below to convert 10 minutes of common activities into step equivalents.
- Choose your pace: Medium (if you walk a bit slower) or Brisk (if you walk faster).
- Multiply the step number by your activity time. For example, a 30-minute bike ride at medium pace = 1,360 steps x 3 = 4,080 steps.
- These are estimates. Every body is different, but this is a great way to track your movement.

Activity	Medium Pace (10 min)	Brisk Pace (10 min)
Aerobic Class (Low Impact)	1,000	1,250
Aerobics Class (High Impact)	1,448	1,810
Aerobic or Fitness Dancing	1,016	1,270
Bicycling	1,360	1,700
Bowling	568	710
Boxing	1,776	2,220
Calisthenics (body weight exercises)	848	1,060
Canoeing	728	910
Circuit Training	1,592	1,990
Dancing	872	1,090
Dancing with Kids, Leisure	872	1,090
Dusting (Housework)	480	600
Electronic Sports (wii, PS3, VR)	728	910
Elliptical Trainer	1,624	2,030
Fishing	728	910
Frisbee	728	910
Gardening	632	790
Golf	872	1090

Activity	Medium Pace (10 min)	Brisk Pace (10 min)
Home/Auto Repair	728	910
Judo, Karate, Martial Arts	1,880	2,360
Kayaking	1,216	1,520
Kickboxing	2,320	2,900
Mini Golf	728	910
Mowing Lawn	800	1,000
Pickleball	1,440	1,800
Pilates	728	910
Punching Bag	1,440	1,800
Racquetball	1,448	1,810
Rowing	1,176	1,470
Rowing Machine	1,698	2,120
Scrubbing Floors	568	710
Soccer	1,448	1,810
Softball	1,216	1,520
Stretching	120	150
Sweeping Floors	480	600
Swimming, Leisure	1,392	1,740
Swimming, Strokes/Laps	1,448	1,810
Swimming, Treading Water	928	1,160
Tai Chi	320	400
Vacuuming	752	940
Washing a Car	872	1,090
Water Walking	880	1,100
Water Aerobics	928	1,160
Weightlifting, Low Intensity	536	670
Weightlifting, Moderate Intensity	712	890
Weightlifting, High Intensity	920	1,110
Yard Work	712	890
Yoga, Restorative (Slower)	360	450
Yoga, Flow (Faster)	680	850