ATTIVITÀ	EQUIVALENTE IN PASSI PER OGNI MINUTO DI ATTIVITÀ
Aerobics	181
Badminton	167
Ballet	120
Basketball	242
Boxing	177
Circuit training	232
Climbing	270
Cycling	170
Dancing	120
Elliptical training	203
Football/Soccer	173
Gardening	145
Golfing	131
Hockey	260
Horse riding	116
Housework	100
Ice skating	122
Judo/Karate	236
Kayaking	152
Kickboxing	290
Mowing the lawn	201
Pilates	101
Ping Pong	116
Rowing	147
Skiing	174
Skipping	275
Squash	348
Swimming	181
Tennis	232
Washing a car	79
Weightlifting	190
Yoga	100