



Qualifying Activities

Aerobics - high impact	Dog Walking	Nordic Walking (4.5 and above)	Squash
Aerobics - low impact	Elliptical Trainer	Orienteering	Stair machine - moderate
Arc Trainer	Farming - moderate	Paddleball	Stair machine - vigorous
Archery	Farming - strenuous	Paddleboat	Stairmaster / Stepwell
Badminton	Fencing	Painting house (inside or outside)	Steps
Barre	Football - Full Contact	Pilates or Yogalates	Strength Training
Baseball	Football - Touch or Flag	Ping Pong	Swimming - casual or treading water
Basketball - Game	Frisbee	Planting Trees	Swimming - laps
Basketball - Leisure	Gardening - planting, weeding, raking	Playing with animals	Synchronized swimming
Beach volleyball	Golf - Cart	Playing with children	Table Tennis
Bicycling - BMX or Mountain	Golf - Walk	Racquetball	Tae Bo
Bicycling - Leisure	Group Workout	Raking Lawn	Tai Chi
Bicycling - moderate	Gymnastics	Rock climbing/Rappelling	Tennis - Singles or Doubles
Bicycling - racing	Hacky sack	Rollerblading	Track and field - Moderate
Bicycling - stationary	Handball	Rowing - moderate	Track and field - Vigorous
Bicycling - vigorous	Hang gliding	Rowing - vigorous	Trampoline
Billiards	Hiking	Rugby	Treading water
Bootcamp	Hockey (ice hockey or roller hockey)	Running - Up Stairs	Trimming Trees/Shrubs
Bowling	Horse grooming	Running Moderate (8 min mile)	Unicycling
Boxing - in ring	Horse riding - galloping	Running Slow (10 min mile)	Using power tools
Boxing - punching bag	Horse riding - trotting	Running Vigorous (6 min mile)	Volleyball
Boxing / MMA	Horseback riding	Sailing	Walking - Leisure (friends or pets)
Broomball	Housework (general)	Scrubbing floors	Walking - Moderate
Calisthenics - light	Hula Hoop	SCUBA diving	Walking - Vigorous/Race
Calisthenics - vigorous	Ironing	Shuffleboard	Walking and pushing a wheelchair or stroller
Canoeing	Jai Alai	Skateboarding	Walking with weights
Car Washing	Jazzercise	Skating - ice - moderate	Walking with weights up stairs
Carrying/loading/stacking wood	Jogging	Skating - ice - vigorous	Wallyball
Chopping wood	Jogging and Walking	Skating - roller - moderate	Washing/waxing vehicle
Circuit training	Juggling	Skating - roller - vigorous	Water aerobics
Clearing land	Jumping rope	Ski jumping	Water jogging
Construction work	Karate	Ski Machine	Water polo
Core Strengthening	Kayaking	Skiing - cross country	Water volleyball
Cricket	Kickball	Skiing - downhill	Weeding
Croquet	Lacrosse	Skiing - water	Weightlifting - moderate
CrossFit	Laying Sod	Sky Diving	Weightlifting - vigorous
Abdominal Exercises	LES MILLS Workouts	Snorkeling	Whitewater rafting
Curling	Marching, military	Soccer	Wrestling
Custodial work	Martial arts/Kickboxing	Softball	Yoga
Dance	Motocross	Spinning	Zumba
Dance aerobics	Mowing the lawn - push mower	Sports	
Dancing (general)	Mowing the lawn - riding mower	Sprinting	
Digging (dirt, sand, rock, etc.)	Nordic Walking (3.5 - 4 mph)		
Dodgeball			