

2011 Canada Games Squash Practice Team

Steps Challenge

The Intro.....

The 2011 Canada Games Squash Practice Team athletes are required to maintain an active lifestyle to promote good fitness. As stated in the “2011 Canada Games Athlete Commitment” document, athletes must maintain a fitness diary in which the minutes per day engaged in various forms of physical activity are to be recorded. The attached “Walking Pedometer Steps Equivalent” data can then be used to convert the time to equivalent walking steps. Note that this will mean that you will not need a pedometer!

The minimum requirement for all athletes is at least 100,000 equivalent steps per week. It is the responsibility of all athletes to email Derek Lawther (dlawther@upei.ca) their total equivalent steps at the end of each week (weeks begin on Monday and end on Sunday).

The athletes will be expected to submit their fitness diary to Cynthia and Derek periodically for inspection.

The Challenge.....

To spice things up a bit, athletes, AND participating parents, will be given an opportunity to compete for prizes! Every two weeks, the names of the top five athletes and parents will be posted. The top athlete and top parent will be awarded a prize. In addition to this, the total steps of the top five athlete will be compared to the total steps of the top five parents to determine which team (Athletes or Parents) wins the overall steps title.

So.....all you parents out there, how about joining in on the fun....record your steps too and send in your totals. Oh....and of course, Cynthia and I will be on the parents team!!! Team Parents RULES!!!!

Walking Pedometer Steps Equivalents

Prepared by Derek lawther

The following data is based on MET - Metabolic Equivalents of various physical activities. If you are engaging in an activity which is not on the list, please contact me (dlawther@upeu.ca) and I will update the list to include your activity.

References:

1. AINSWORTH BE, Haskell WL, Whitt MC, Irwin ML, Swartz AM, Strath SJ, O'Brien WL, Bassett DR Jr, Schmitz KH, Emplainscourt PO, Jacobs DR Jr, Leon AS. Compendium of Physical Activities: An update of activity codes and MET intensities. Med Sci Sports Exerc 2000;32 (Suppl):S498-S516.
2. AINSWORTH BE, Haskell WL, Leon AS, Jacobs DR Jr, Montoye HJ, Sallis JF, Paffenbarger RS Jr. Compendium of physical activities: Classification of energy costs of human physical activities. Med Sci Sports Exerc 1993; 25:71-80.

Note: 1 mile = 2000 average steps (range 1900-2400)

Activity - Steps per minute

(activities in bold text are recommended cross-training activities for squash)

<p>Walking 3 mph - 100 Walking slow - under 2 mph - 61 Walking slow - 2 mph - 67 Walking 3.5 miles per hour - 115 Walking 4 miles per hour - 152 Walking 5 miles per hour - 242 Racewalking - 197 Aerobic dance - 197 Backpacking - 212 Badminton - 136 Ballroom dancing - fast - 167 Ballroom dancing - slow - 91 Basketball - shooting baskets - 136 Basketball game - 242 Bicycling - 242 Bicycling fast - 364 Bicycling under 10 mph - 121 Billiards/pool - 76 Bowling - 91 Calisthenics - vigorous - 242 Calisthenics - light to moderate - 106 Canoeing - 106 Children's playground games - 136 Circuit training - 242 Climbing - rock or mountain - 273 Cooking - 61 Croquet - 76 Fencing - 182 Fishing - 91 Football - 242 Frisbee - 91 Gardening - 121 Golf - 136 Gymnastics - 121 Handball - 364 Health club exercise, general - 167 Hiking - 182 Hiking - orienteering - 273</p>	<p>Hockey - field and ice - 242 Home/auto repair and shop tasks - 91 Horseback riding - 121 House cleaning - 91 Hunting - 152 Ice Skating - 212 Inline skating - 364 Jazzercise - 182 Jogging - 212 Jogging on mini-trampoline - 136 Jump rope - 303 Kayaking - 152 Kickball - 212 Lacrosse - 242 Lawn bowling, shuffleboard - 91 Lawn mowing -power mower - 152 Martial arts - 303 Minature golf - 91 Punching bag - 182 Raking lawn and leaves - 121 Raquetball - 212 Roller skating - 212 Rowing machine - 212 Rowing machine, vigorous - 258 Rugby - 303 Running - 5 mph - 12 minute miles - 242 Running - 6 mph - 10 minute miles - 303 Running - 7 mph - 8.5 minute miles - 348 Running - 8 mph - 7.5 minute miles - 409 Sailing, boat and board, windsurfing - 91 Scuba diving - 212 Shopping - 70</p>	<p>Skateboarding - 152 Ski machine - 212 Skiing - cross country - 242 Skiing - downhill - 182 Skimobiling - 212 Sledding - 212 Snorkeling - 152 Snowmobiling - 106 Soccer - 212 Softball - 152 Square dancing - 136 Squash - 364 Stairmaster - 273 Stationary bicycling (moderate effort) - 212 Stationary bicycling (vigorous effort) - 318 Step aerobics - 273 Stretching, yoga - 76 Surfing - 91 Swimming laps - moderate - 212 Swimming laps - vigorous - 303 Swimming leisurely - 182 Table tennis - 121 Tai chi - 121 Tennis - 212 Volleyball - 121 Water aerobics - 121 Water aerobics - 121 Water jogging - 242 Water polo - 303 Waterskiing - 182 Weight lifting, moderate effort - 121 Weight lifting, vigorous effort - 182 Wrestling - 182 Yoga - 76</p>
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