

Active April



Get active with your club, your family or your friends and join our Walk Yarra Ranges Challenge!

Use this conversion chart to help you keep track of the distance you have travelled during Active April.

Time	KM	Steps
11 MINS	1KM	1200
33 MINS	3KM	3600
55 MINS	5KM	6000

Activity	Steps per Hour
GOLF	5,000
HOUSE CLEANING	6,000
YOGA	5,000
WHEELCHAIR	9,600
TENNIS	12,000
SWIMMING	12,000