

# RUN WILD *for* TARONGA



Don't have an activity tracker, or just need some fitness inspiration?

Check out these suggestions:

Suggested activity	Equivalent to KMs travelled
30 minute Pilates class	3km
1 hour Yoga class	6km
30 minutes HIIT training	10km
60 Star jumps in 1 min	100m
1 hour handball/tennis	4km
1 hour of after-school sport	5km

Disclaimer: The activities listed here have been created as a guide to encourage participants to move through the month of June as part of the Run Wild for Taronga challenge and are not an actual reflection of activity based exercise.