## Convert Activities to Steps

Multiply the number of minutes of the activity by the number of equivalent steps per minute. For example, if you bicycled at a leisurely pace for 30 minutes, multiply $116 \times 30$ to come up with 3,480 steps.

| Activity | Steps per <br> Minute |
| :--- | ---: |
| Aerobic Dance Class | 127 |
| Aerobic Fitness Class | 181 |
| Aerobics, low impact | 125 |
| Aerobics, step | 153 |
| Auto Repair (light to <br> moderate) | $71-91$ |
| Backpacking | 195 |
| Badminton (casual to <br> competitive) | $131-203$ |
| Ballet | 120 |
| Baseball | 111 |
| Basketball (shooting baskets) | 174 |
| Basketball Game | 242 |
| Basketball (playing by | 164 |
| wheelchair) | 116 |
| Bicycling, leisurely | 130 |
| Bicycling, easy pace | 170 |
| Bicycling, moderate pace | 200 |
| Bicycling, vigorous pace | 87 |
| Bowling | 131 |
| Boxing, non-competitive | 222 |
| Boxing, competitive | 106 |
| Calisthenics | 232 |
| Canoe (light to moderate) | $87-106$ |
| Circuit Training | 232 |
| Climbing (rock/mountain) | 270 |
| Croquet | $109-131$ |
| Cross-Country Skiing |  |
| Curling (sweeping) |  |
| Dancing (light to lively) |  |
|  | 125 |


| Activity | Steps per <br> Minute |
| :--- | ---: |
| Downhill Skiing | 174 |
| Elliptical Trainer | 203 |
| Fencing | 182 |
| Firewood Carrying/Stacking | 145 |
| Fishing | 91 |
| Football | $199-260$ |
| Frisbee | 91 |
| Gardening (light to heavy) | $116-174$ |
| Golfing (no cart, 18 holes) | 131 |
| Grocery Shopping | 67 |
| Handball | 348 |
| Hanging Laundry on Line | 72 |
| Hiking (general) | 172 |
| Hockey (field, ice) | 260 |
| Horseback Riding | 116 |
| Horseshoes | 71 |
| House cleaning | 101 |
| Ice Skating (slow) | 84 |
| Ice Skating (moderate) | 122 |
| Ice Skating (fast) | 203 |
| Judo/Karate | 236 |
| Jumping Rope (moderate) | 250 |
| Jumping Rope (fast) | 300 |
| Kayaking | 152 |
| Kickboxing | 290 |
| Lacrosse | 242 |
| Miniature Golf | 90 |
| Mopping |  |
| Mowing Lawn (push) -small | $160-242$ |
| to large lot |  |
|  |  |


| Activity | Steps per Minute |
| :---: | :---: |
| Orienteering | 260 |
| Painting a wall or room | 78-131 |
| Pilates | 101 |
| Ping Pong | 116 |
| Pool/Billiards | 76 |
| Punching Bag | 180 |
| Racquetball (casual) | 181 |
| Racquetball (competitive) | 254 |
| Raking Leaves | 125 |
| Rock Climbing | 244 |
| Roller-skating/Rollerblading | 203 |
| Rowing (light) | 101 |
| Rowing (moderate) | 147 |
| Rowing (competitive) | 203 |
| Running (5mph, 12 minute/mile) | 232 |
| Running (6mph, 10 minute/mile) | 290 |
| Running (8mph, 7.5 minute/mile) | 391 |
| Running (10mph, 6 minute/mile) | 463 |
| Sailing | 91 |
| Scrub Floors | 71 |
| Scuba Diving | 203 |
| Shopping (mall) | 71 |
| Skateboarding | 152 |
| Skeeball | 52 |
| Skiing (light to moderate) | 109 |
| Skiing (cross-country) | 114 |
| Sledding | 158 |
| Snow Shoveling | 174 |
| Snowboarding | 182 |
| Snowshoeing | 181 |


| Activity | Steps per Minute |
| :---: | :---: |
| Soccer (competitive) | 200 |
| Soccer (recreational) | 145 |
| Softball | 145 |
| Spinning | 200 |
| Squash | 348 |
| Stair Climbing (downstairs) | 71 |
| Stair Climbing (upstairs) | 181 |
| Stair Climbing (machine) | 200 |
| Stretching | 15 |
| Surfing | 91 |
| Swimming (backstroke) | 181 |
| Swimming (butterfly) | 272 |
| Swimming (freestyle) | 181 |
| Swimming (leisure) | 174 |
| Swimming (treading water) | 116 |
| Tae Bo | 250 |
| Tae Kwon Do | 290 |
| Tai Chi | 40 |
| Tennis | 232 |
| Trampoline | 101 |
| Trim Trees/Shrubs (manually) | 116 |
| Vacuuming House | 94 |
| Volleyball (light to moderate) | 87-121 |
| Walking (slow) | 68 |
| Walking (moderate) | 122 |
| Walking (fast) | 197 |
| Wash car (small to truck) | 71-87 |
| Wash Windows (manually) | 87 |
| Wash/Dry Dishes by Hand | 72 |
| Water Aerobics | 116 |
| Water Skiing | 174 |


| Activity | Steps per <br> Minute |
| :--- | ---: |
| Waxing Car | 80 |
| Weight Lifting (light) | 67 |
| Weight Lifting (moderate) | 87 |
| Weight Lifting (vigorous) | 174 |
| Wheelchair Use (manual) | 101 |


| Activity | Steps per <br> Minute |
| :--- | ---: |
| Yard Work (light to <br> moderate) | $89-145$ |
| Yoga (light to moderate) | $45-72$ |
| Zumba | 148 |

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