



### Convert Any Activity Into Steps

You can use this chart to convert ANY activity or exercise into a daily step count.

Multiply the number of minutes you participated in each activity by the number used in this chart.

- Use the timed, converted steps for your step count.
- If you are not wearing a pedometer during these activities, this is how you convert your steps.
- If you are using a pedometer, please don't count your steps twice!

*Note: Your actual step count might vary as conversions are estimates only.*

<b>Activities</b>	<b>Steps Per Minute</b>
Aerobic dance class	127
Aerobic fitness class	181
Aerobics, low impact	125
Aerobic steps	153
Backpacking	181
Badminton (casual)	131
Badminton (competitive)	203
Ballet dancing	120
Baseball	130
Basketball (game)	145
Basketball (recreational)	130
Bicycling (easy pace)	130
Bicycling (moderate pace)	170
Bicycling (vigorous pace)	200
Billiards (pool)	76
Bowling	71
Bowling on Wii	61

Boxing (non-competitive)	131
Boxing (competitive)	222
Calisthenics (Body-weight training, light, moderate)	119
Calisthenics (Body-weight training, vigorous)	272
Canoeing	91
Cheerleading	100
Children's playground games	136
Circuit training	232
Climbing, rock climbing	270
Cooking	61
Croquet	76
Dancing class	109
Drill team	153
Electronic sports (Wii/PS3)	91
Elliptical trainer	203
Fencing	183
Firewood carrying/chopping wood	60
Fishing	91
Football	199
Frisbee	91
Gardening	80
Golf, carrying clubs	109
Golf, powered cart	80
Grocery shopping	67
Gymnastics	121
Handball	348
Hiking	172
Hiking (orienteering)	232
Hockey (field and ice)	240
Home/auto repair	91
Horseback riding	90
Horseshoe throwing	71
Housework, light	72
Ice skating (general)	122
Ice skating (moderate)	238
In-line skating	190
Jogging	181
Judo and Karate	236
Jumping rope (moderate)	300
Jumping rope (moderate)	250
Kayaking	152
Kickball	212
Kickboxing	290
Lacrosse	242
Miniature golf	91
Mopping	60

Mowing lawn (push mower)	120
Painting a room	78
Pilates	91
Punching bag	182
Raking lawn/leaves	121
Racquetball (casual)	181
Racquetball (competitive)	254
Rowing	147
Rowing machine	212
Rugby	303
Running, 12-minute mile	242
Running, 10-minute mile	303
Running, 8.5-minute mile	348
Running, 8-minute mile	409
Sailing (boat and board)	91
Scrubbing floors	71
Scuba diving	203
Shopping	70
Shoveling snow	145
Skateboarding	102
Skee-ball	52
Skiing (light/moderate)	238
Skiing (cross-country)	114
Sledding	158
Snowboarding	182
Snowmobiling	106
Snowshoeing	181
Soccer (recreational)	181
Soccer (competitive)	145
Softball	152
Snorkeling	152
Spinning	200
Squash	348
Stair climbing (machine)	200
Stair climbing (downstairs)	71
Stair climbing (upstairs)	181
Stretching	15
Surfing	91
Swimming (backstroke)	181
Swimming (butterfly)	272
Swimming (freestyle)	181
Swimming (leisure)	174
Swimming (treading water)	116
Table tennis	120
Tae Bo	250
Tae Kwon Do	290

Tai Chi	40
Tennis	200
Trampoline	90
Vacuuming	94
Video exercise workout (light)	78
Video exercise workout (moderate)	136
Video exercise workout (vigorous BeachBody)	204
Volleyball	136
Volleyball (game)	272
Walking (strolling)	61
Walking (average)	84
Walking (race-walking)	197
Washing a car	71
Water aerobics	116
Water polo	303
Water skiing	145
Waxing a car	80
Weight lifting	67
Wrestling	182
Yard work	89
Yoga	76
Zumba (light)	204
Zumba (moderate)	306
Zumba (vigorous)	409

**Sources:**

[www.walkyourasoff.com](http://www.walkyourasoff.com)

*America on the Move*

*Healthy Steps to Albany*

*Concordia Plan Services*

*Purdue University*