

ACTIVITY/STEP CONVERSION CHART

Number of steps per minute for selected activities:

Aerobics, high impact	203	Orienteering	260
Aerobics, low impact	145	Painting	131
Aerobics, step	246	Pilates	101
Badminton, casual	131	Ping-pong	116
Badminton, competitive	203	Racquetball, casual	203
Basketball, game	230	Racquetball, competitive	290
Basketball, recreational	174	Raking leaves	125
Bicycling, leisurely	116	Roller skating	203
Bicycling, stationary	203	Rowing, light	101
Bowling	87	Rowing, moderate	203
Boxing	348	Running, 10 mph (6 min/mile)	463
Canoeing, light	87	Running, 8 mph (7.5 min/mile)	391
Chopping wood, around home	174	Running, 6 mph (10 min/mile)	290
Circuit Training	232	Running, 5 mph (12 min/mile)	232
Cross-country skiing, intense	260	Scuba diving	203
Cross-country skiing, moderate	232	Show shoveling	174
Cross-country skiing, slow	203	Snowboarding, light	150
Dancing	131	Snowboarding, moderate	182
Downhill skiing	174	Soccer, recreational	203
Elliptical trainer	203	Soccer, competitive	290
Firewood, carrying	145	Softball	145
Firewood, sawing with handsaw	217	Squash	348
Firewood, stacking	145	Stair climbing, machine	260
Football	260	Stair climbing, moderate	334
Gardening, light	116	Stair climbing, slow	232
Gardening, heavy	174	Stair climbing, vigorous	434
Gardening, weeding	131	Stretching	72
Golfing, without a cart	131	Swimming, backstroke	203
Golfing, with a cart	101	Swimming, breaststroke	290
Grocery Shopping	67	Swimming, butterfly	319
Handball	348	Swimming, freestyle	203
Hiking, 10-20 lb. load	217	Swimming, leisure	174
Hiking, 21-42 lb. load	232	Swimming, treading water	116
Hiking, general	172	Tae Kwon Do	290
Horseback riding	116	Tai Chi	116
Horseback riding, trotting	188	Tennis, doubles	174
Housework, light	72	Tennis, singles	232
Housework, mopping floors	101	Trampoline	101
Housework, scrubbing floors	110	Volleyball, game	232
Housework, vacuuming	101	Volleyball, leisure	87
Housework, washing windows	87	Wash the car	87
Ice skating	203	Water aerobics	116
Judo	290	Water skiing	174
Jumping rope, fast	348	Wax the car	131
Jumping rope, moderate	290	Weight lifting, moderate	87
Karate	290	Weight lifting, vigorous	174
Kickboxing	290	Yard Work	145
Mowing	160	Yoga	72

This is adopted from Health Partners 10,000 Steps Program.
For more information visit www.10k-steps.com