

Convert your exercise minutes into steps

Multiply the number of minutes you participated in the activity by the number of steps indicated in the chart. *Note: Conversions are estimates.*



Activity	Steps/min
Aerobic dancing class	127
Aerobic fitness class	181
Aerobics, low impact	125
Aerobics, step	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 the Wii	61
Boxing, non-competitive	131
Boxing, competitive	222
Calisthenics	106
Canoeing	91
Cheerleading	100

Activity	Steps/min
Children's playground game	136
Circuit training	199
Climbing, rock/mountain	270
Cooking	61
Croquet	76
Dancing, class	109
Dancing, salsa/country/swing	109
Dancing, party	109
Drill team	153
Electronic sports, Wii PS3	91
Elliptical trainer	203
Fencing	182
Firewood-carrying/chopping	60
Fishing	91
Football	199
Frisbee	91
Gardening	80
Golf, carrying clubs	109
Golf, powered cart	80
Grocery shopping	67
Gymnastics	121
Handball	348

Activity	Steps/min
Hiking	172
Hiking, orienteering	232
Hockey, field and ice	240
Home/auto repair	91
Horseback riding	90
Horseshoes	71
Housework, light	72
Ice skating, general	84
Ice skating, moderate	122
In-line skating	190
Jogging	181
Judo & Karate	236
Jumping rope, fast	300
Jumping rope, moderate	250
Kayaking	152
Kickball	212
Kickboxing	290
Lacrosse	242
Miniature golf	91
Mopping	60
Mowing lawn	120
Painting (a room)	78

Activity	Steps/min
Pilates	91
Punching bag	180
Raking lawn/leaves	121
Racquetball, casual	181
Racquetball, competitive	254
Rock climbing	244
Rollerblading	156
Rowing	147
Rowing machine	212
Rugby	303
Running, 12 minute mile	178
Running, 10 minute mile	222
Running, 8 minute mile	278
Sailing, boat and board	91
Scrubbing floors	71
Scuba diving	203
Shopping	70
Shoveling snow	145
Skateboarding	102
Skee-ball	52
Skiing, light/moderate	109
Skiing, cross-country	114

Activity	Steps/min
Sledding	158
Snowboarding	182
Snowmobiling	106
Snowshoeing	181
Soccer, recreational	181
Soccer, competitive	145
Softball	152
Spinning	200
Squash	348
Stair climbing, machine	200
Stair climbing, down stairs	71
Stair climbing, up stairs	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

Activity	Steps/min
Tai Chi	40
Tennis	200
Trampoline	90
Vacuuming	94
Volleyball	91
Walking, stroll	61
Walking, average	84
Washing a car	71
Water aerobics	116
Water polo	303
Water skiing	145
Waxing a car	80
Weight lifting	67
Wrestling	145
Yard work	89
Yoga	45

Sources: *America on the Move*; *Healthy Steps to Albany*; *Concordia Plan Services*.

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Activities	Steps Per Minute	Activities	Steps Per Minute
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Aerobic fitness class	181	Painting (a room)	78
Aerobics, low impact	125	Pilates	91
Aerobics, step	153	Punching bag	180
Backpacking	181	Raking lawn/leaves	121
Badminton, casual	131	Racquetball, casual	181
Badminton, competitive	203	Racquetball, competitive	254
Ballet dancing	120	Rock climbing	244
Baseball	130	Rollerblading	156
Basketball, game	145	Rowing	147
Basketball, recreational	130	Rowing machine	212
Bicycling, easy pace	130	Rugby	303
Bicycling, moderate pace	170	Running, 12 - minute mile	178
Bicycling, vigorous pace	200	Running, 10 - minute mile	222
Billiards/pool	76	Running, 8 - minute mile	278
Bowling	71	Sailing, boat and board	91
Bowling on the Wii	61	Scrubbing floors	71
Boxing, non-competitive	131	Scuba Diving	203
Boxing, competitive	222	Shopping	70
Calisthenics	106	Shoveling snow	145
Canoeing	91	Skateboarding	102
Cheerleading	100	Skeeball	52
Children's playground game	136	Skiing, light/moderate	109
Circuit training	199	Skiing, cross-country	114
Climbing, rock/mountain	270	Sledding	158
Cooking	61	Snowboarding	182
Croquet	76	Snowmobiling	106
Dancing, class	109	Snowshoeing	181
Dancing, salsa/country/swing	109	Soccer, recreational	181
Dancing, party	109	Soccer, competitive	145

Drill team	153	Softball	152
Electronic sports, Wii/PS3	91	Spinning	200
Elliptical trainer	203	Squash	348
Fencing	182	Stair climbing, machine	200
Firewood-carrying/chopping	60	Stair climbing, down stairs	71
Fishing	91	Stair climbing, up stairs	181
Football	199	Stretching	15
Frisbee	91	Surfing	91
Gardening	80	Swimming, backstroke	181
Golf, carrying clubs	109	Swimming, butterfly	272
Golf, powered cart	80	Swimming, freestyle	181
Grocery shopping	67	Swimming, leisure	174
Gymnastics	121	Swimming, treading water	116
Handball	348	Table tennis	120
Hiking	172	Tae Bo	250
Hiking, orienteering	232	Tae Kwon Do	290
Hockey, field and ice	240	Tai Chi	40
Home/auto repair	91	Tennis	200
Horseback riding	90	Trampoline	90
Horseshoes	71	Vacuuming	94
Housework, light	72	Volleyball	91
Ice skating, general	84	Walking, stroll	61
Ice skating, moderate	122	Walking, average	84
In-line skating	190	Washing a car	71
Jogging	181	Water aerobics	116
Judo & Karate	236	Water polo	303
Jumping rope, fast	300	Water skiing	145
Jumping rope, moderate	250	Waxing a car	80
Kayaking	152	Weight lifting	67
Kickball	212	Wrestling	145
Kickboxing	290	Yard work	89
Lacrosse	242	Yoga	45
Miniature golf	91		
Mopping	60		

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.