

CONVERT ACTIVITIES TO STEPS

Multiply the # of minutes of activity X the # of equiv steps per minute

EXAMPLE: 30 minutes of ping pong = 3,480 steps

Activity	Equiv Steps	Activity	Equiv Steps
Aerobic dancing class	127	Racquetball, casual	181
Aerobic fitness class	181	Racquetball, competitive	254
Aerobics, low impact	125	Rake leaves	125
Aerobics, step	153	Rock climb	244
Auto repair (light to moderate)	71-91	Rollerskate/rollerblade	203
Backpack	195	Row, light	101
Badminton (casual – competitive)	131-203	Row, competitive	203
Ballet	120	Row, moderate	147
Baseball	111	Run, 10 mph (6 min/mile)	463
Basketball (shooting baskets)	174	Run, 8 mph (7.5 min mile)	391
Basketball game	242	Run, 6 mph (10 min mile)	290
Bicycling, leisurely	116	Run, 5 mph (12 min/mile)	232
Basketball (playing by wheelchair)	164	Sailing	91
Bicycling, easy pace	130	Scrub floors	71
Bicycling, moderate pace	170	Scuba dive	203
Bicycling, vigorous pace	200	Shop (grocery, mall)	71
Boxing, non-competitive	131	Skateboard	152
Boxing, competitive	222	Skeeball	52
Bowl	87	Skiing, light/moderate	109
Calisthenics	106	Skiing, cross-country	114
Canoe, light to moderate	87-106	Sledding	158
Circuit Training	232	Snow shovel	174
Climb (rock/mountain)	270	Snowboard	182
Croquet	76	Snowshoe	181
Cross-country skiing	232	Soccer, recreational	145
Curling (sweeping)	125	Soccer, competitive	200
Dance (light to lively)	109-131	Softball	145
Downhill ski	174	Spinning	200
Elliptical trainer	203	Squash	348
Fencing	182	Stair climbing, machine	200
Firewood carry/stack	145	Stair climbing, down stairs	71
Fishing	91	Stair climbing, up stairs	181
Football	199-260	Stretch	15
Frisbee	91	Surf	91
Gardening(light)	116	Swimming, backstroke	181

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Gardening (heavy)	174	Swimming, butterfly	272
Golf, no cart, carry clubs, 18 holes	131	Swimming, freestyle	181
Grocery shop	67	Swimming, leisure	174
Handball	348	Swimming, treading water	116
Hang laundry on line	72	Tae Bo	250
Hike, general	172	Tae Kwon Do	290
Horseback ride	116	Tai Chi	40
Hockey (field/ice)	260	Tennis	232
Horseshoes	71	Trampoline	101
House/garage cleaning	101	Trim trees/shrubs manually	116
Ice skate – slow	84	Vacuum house	94
Ice skate - moderate	122	Volleyball (light to moderate)	87-121
Ice skate - fast	203	Walk slow	68
Judo/Karate	236	Walk moderate	122
Jump rope, fast	300	Walk fast	197
Jump rope, moderate	250	Wash car (small to truck)	71-87
Kayak	152	Wash/dry dishes by hand	72
Kickboxing	290	Wash windows manually	87
Lacrosse	242	Water aerobics	116
Miniature golf	91	Water ski	174
Mop	60	Wax your car	80
Mow lawn (push) – small/large lot	160-242	Weight lift, light	67
Orienteer	260	Weight lift, moderate	87
Paint wall/room	78-131	Weight lift, vigorous	174
Pilates	101	Wheelchair use (manual)	101
Ping pong	116	Yard Work (light to moderate)	89-145
Pool/billiards	76	Yoga (light to moderate)	45-72
Punching bag	180	Zumba	148

**PRINT THIS OUT AND KEEP IT POSTED NEAR
YOUR DESK OR ON YOUR FRIDGE AT HOME**