

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	Activity	Steps/min	Activity	Steps/min
Aerobic dancing class	127	Children's playground game	136	Hiking	172
Aerobic fitness class	181	Circuit training	199	Hiking, orienteering	232
Aerobics, low impact	125	Climbing, rock/mountain	270	Hockey, field and ice	240
Aerobics, step	153	Cooking	61	Home/auto repair	91
Backpacking	181	Croquet	76	Horseback riding	90
Badminton, casual	131	Dancing, class	109	Horseshoes	71
Badminton, competitive	203	Dancing, salsa/country/swing	109	Housework, light	72
Ballet dancing	120	Dancing, party	109	Ice skating, general	84
Baseball	130	Drill team	153	Ice skating, moderate	122
Basketball, game	145	Electronic sports, Wii PS3	91	In-line skating	190
Basketball, recreational	130	Elliptical trainer	203	Jogging	181
Bicycling, easy pace	130	Fencing	182	Judo & Karate	236
Bicycling, moderate pace	170	Firewood-carrying/chopping	60	Jumping rope, fast	300
Bicycling, vigorous pace	200	Fishing	91	Jumping rope, moderate	250
Billiards/pool	76	Football	199	Kayaking	152
Bowling	71	Frisbee	91	Kickball	212
Bowling on the Wii	61	Gardening	80	Kickboxing	290
Boxing, non-competitive	131	Golf, carrying clubs	109	Lacrosse	242
Boxing, competitive	222	Golf, powered cart	80	Miniature golf	91
Calisthenics	106	Grocery shopping	67	Mopping	60
Canoeing	91	Gymnastics	121	Mowing lawn	120
Cheerleading	100	Handball	348	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*.