

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: Conversations 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