

CONVERTING MINUTES TO STEPS

ACTIVITY	STEPS PER MINUTE
Aerobics class	133
Archery	102
Baseball	111
Basketball, game	178
Basketball, recreational	133
Bicycling, 10 mph, easy pace	133
Bicycling, 13 mph, moderate pace	178
Bicycling, 15 mph, vigorous pace	222
Billiards	77
Bowling	67
Boxing	200
Chopping wood	133
Circuit training, general	178
Cleaning house	78
Dancing, aerobic	133
Dancing, general	100
Elliptical machine	249
Fencing	133
Fishing, sitting	56
Fishing, walking	111
Football	189
Frisbee	67
Gardening	89
Golf, carrying clubs	122
Golf, power cart	78
Gymnastics	89
Handball	267
Health club workout, general	122
Hockey	178
Horseback riding, trotting	102
Ice skating	122
Jogging	156
Jumping rope, moderate/fast	244

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ACTIVITY	STEPS PER MINUTE
Jumping rope, slow	178
Line dancing	139
Martial Arts	222
Painting/wallpapering	100
Pilates	99
Racquetball	156
Rock climbing	244
Roller blading/skating	156
Rowing, moderate	111
Rowing, vigorous	189
Running, 10 – minute mile	222
Running, 12 – minute mile	178
Running, 8 – minute mile	278
Shoveling snow	133
Skiing, cross–country	200
Skiing, downhill	133
Snowshoeing	178
Soccer, game	222
Soccer, recreational	156
Stair Climbing, leisurely	90
Stair Climbing, vigorous	267
Swimming, leisurely	133
Swimming, vigorous	222
Tennis, doubles	133
Tennis, singles	178
Volleyball	89
Walking	133
Washing car	100
Water aerobics	89
Weight lifting, moderate	67
Weight lifting, vigorous	133
Yard work	111
Yoga	89