

Activity List for Steps Conversion

Activity Name	Steps/Minute	Activity Name	Steps/Minute
Aerobics class	133	Racquetball, general	156
Backpacking	156	Rock climbing	244
Badminton	100	Rollerblading/skating	156
Baseball	111	Rowing, light/moderate effort	111
Basketball, recreational	133	Rowing, vigorous effort	189
Bicycling, 13 mph, moderate pace	178	Running, 8 min. mile	278
Billiards	77	Running, 10 min. mile	222
Bicycling, 15 mph, vigorous pace	222	Running, 12 min. mile	178
Bowling	67	Running, jogging, general	156
Boxing, sparring	200	Shoveling snow	133
Chopping wood	133	Shuffleboard/lawn bowling	67
Cleaning house	78	Skiing, cross-country light/moderate effort	178
Cricket	111	Skiing, cross-country vigorous effort	222
Curling	89	Skiing, downhill	133
Dancing, aerobic	133	Snowshoeing	178
Dancing, general	100	Soccer, casual	156
Fencing	133	Soccer, competitive	222
Fishing, from boat, sitting	56	Softball	111
Fishing, from riverbank & walking	111	Sweeping/mopping floors	56
Football	189	Swimming, leisurely	133
Frisbee, general playing	67	Swimming, vigorous effort	222
Gardening	89	Tai Chi	89
Golf, carrying clubs	122	Tennis, doubles	133
Golf, power cart	78	Tennis, singles	178
Gymnastics	89	Volleyball, beach	178
Handball	267	Volleyball, general	89
Health club exercise, general	122	Walking, brisk 4.5 mph	100
Hockey	178	Washing car	100
Ice skating, general	122	Water aerobics	89
Judo, Karate, Tae Kwan Do	222	Water skiing	133
Jumping rope, moderate/fast	244	Weight lifting, light or moderate effort	67
Line dancing	139	Weight lifting, vigorous effort	133
Painting/papering	100	Yard work, raking, mowing	111
Playing with Children	89	Yoga	89