



**CONVERT ACTIVITY INTO STEPS**

Use this chart to convert activities that are not easily measured by a pedometer. Multiply the number of minutes you participated in the activity by the number indicated in the chart. Use only the timed, converted steps for your step count. Do not also include the pedometer steps if you were wearing your pedometer while performing the activity.

PLEASE NOTE: Conversions are estimates; your actual steps may vary

Activities	Steps/Minute*	Activities	Steps/Minute*
Aerobic dancing class	127	Mowing lawn	120
Aerobic fitness class	181	Painting (a room)	78
Aerobics, low impact	125	Pilates	91
Aerobics, step	153	Punching bag	180
Backpacking	181	Raking lawn/leaves	121
Badminton, casual	131	Racquetball, casual	181
Badminton, competitive	203	Racquetball, competitive	254
Ballet dancing	120	Rock climbing	244
Baseball	130	Rollerblading	156
Basketball, game	145	Rowing	147
Basketball, recreational	130	Rowing machine	212
Bicycling, easy pace	130	Rugby	303
Bicycling, moderate pace	170	Running, 12 - minute mile	178
Bicycling, vigorous pace	200	Running, 10 - minute mile	222
Billiards/pool	76	Running, 8 - minute mile	278
Bowling	71	Sailing, boat and board	91



Bowling on the Wii	61	Scrubbing floors	71
Boxing, non-competitive	131	Scuba Diving	203
Boxing, competitive	222	Shopping	70
Calisthenics	106	Shoveling snow	145
Canoeing	91	Skateboarding	102
Cheerleading	100	Skeeball	52
Children's playground game	136	Skiing, light/moderate	109
Circuit training	199	Skiing, cross-country	114
Climbing, rock/mountain	270	Sledding	158
Cooking	61	Snowboarding	182
Croquet	76	Snowmobiling	106
Dancing, class	109	Snowshoeing	181
Dancing, salsa/country/swing	109	Soccer, recreational	181
Dancing, party	109	Soccer, competitive	145
Drill team	153	Softball	152
Electronic sports, Wii/PS3	91	Spinning	200
Elliptical trainer	203	Squash	348
Fencing	182	Stair climbing, machine	200
Firewood-carrying/chopping	60	Stair climbing, down stairs	71



Fishing	91	Stair climbing, up stairs	181
Football	199	Stretching	15
Frisbee	91	Surfing	91
Gardening	80	Swimming, backstroke	181
Golf, carrying clubs	109	Swimming, butterfly	272
Golf, powered cart	80	Swimming, freestyle	181
Grocery shopping	67	Swimming, leisure	174
Gymnastics	121	Swimming, treading water	116
Handball	348	Table tennis	120
Hiking	172	Tae Bo	250
Hiking, orienteering	232	Tae Kwon Do	290
Hockey, field and ice	240	Tai Chi	40
Home/auto repair	91	Tennis	200
Horseback riding	90	Trampoline	90
Horseshoes	71	Vacuuming	94
Housework, light	72	Volleyball	91
Ice skating, general	84	Walking, stroll	61
Ice skating, moderate	122	Walking, average	84
In-line skating	190	Washing a car	71
Jogging	181	Water aerobics	116
Judo & Karate	236	Water polo	303
Jumping rope, fast	300	Water skiing	145



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## PRO Wellness

Jumping rope, moderate	250	Waxing a car	80
Kayaking	152	Weight lifting	67
Kickball	212	Wrestling	145
Kickboxing	290	Yard work	89
Lacrosse	242	Yoga	45
Miniature golf	91		
Mopping	60		

\* Steps/Minute equals steps per minute.

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.  
<http://www.purdue.edu/walktothemoon/activities.html>